

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

aTX360
.U6C73
v.2
Copy 2



United States
Department of
Agriculture

Human Nutrition
Information
Service

Nutrition
Monitoring
Division

NFCS, CSFII
Report No. 85-2

CSFII

Nationwide Food Consumption Survey
Continuing Survey of Food Intakes
by Individuals

**Low-Income Women 19-50 Years
and Their Children 1-5 Years, 1 Day**

1985

Abstract

AD-23 Bookplate
(1-43)

NATIONAL

**A
G
R
I
C
U
L
T
U
R
A
L**



LIBRARY

This report presents 1-day food and nutrient intake data for 2,120 low-income women 19 to 50 years of age and their 1,314 children 1 to 5 years of age in the 48 conterminous States. Data collection began in April 1985 and continued into June 1985 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. The data were collected using a 1-day recall in a personal interview. The data are provided for food stamp program participants and nonparticipants, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for children in age groups 1 to 3, 4 to 5, and 1 to 5 years, and for women in age groups 19 to 34, 35 to 50, and 19 to 50 years. Mean quantities of foods eaten per individual per day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

USDA, National Agricultural Library
NAL Bldg
10301 Baltimore Blvd
Beltsville, MD 20705-2351

HANGE Rec'd

OCT 31 1986

KEYWORDS: Children, dietary survey, food away from home, food stamps, frequency of eating, nutrient density, nutrient intake, poverty, snacks, supplements.

August 1986

v.2
Copy 2

Acknowledgments

The Continuing Survey of Food Intakes by Individuals 1985 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. Robert B. Reese, chief of the Division's Food Consumption Research Branch had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszyński--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Katherine S. Tippet coordinated the preparation of the report. Bruce C. Gray, Renee A. Powell, and Joseph D. Goldman were responsible for data processing. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. John L. Pierce and Gerald Smith provided editorial assistance. Judy M. Roe and Joanne Rosenthal Levine and staff produced the camera-ready copy.

The Food and Nutrition Service (FNS), U.S. Department of Agriculture partially funded the data collection for the low-income portion of the survey. FNS staff, particularly Melody Bacha, Gary Bickel, and Jay Hirschman, participated in review of survey plans and reports of results. The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc.; Beth B. Rothschild was the project director.

412068

Contents

U. S. DEPT. OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY

MAR 23 1988

CATALOGING = PREP

	Page
Guide to Tables	ii
Introduction	1
Selected Results	2
Food Intakes	2
Nutrient Intakes	4
Eating Patterns	7
Supplements	7
Tables	8
Table Notes	120
Glossary	129
Appendixes:	
A. Methodology	133
Sample Design	133
Sample Weights	135
Data Collection	136
Data Processing	138
Data Presentation	139
B. Comparison of NFCS 1977-78 and CSFII 1985..	142
Methodology, 1977 and 1985	142
Guide to Appendix Tables	145
Tables	148
Table Notes for Appendix B	183
C. Recommended Dietary Allowances, 1980	184
Literature Cited	186
Other CSFII Reports	(inside back cover)

U. S. Department of Agriculture
National Agricultural Library
Division of Library
Beltsville, Maryland 20705

Guide to Tables

Table Number	Table Title	Page
	<u>Food intakes: Mean per individual in a day and percentage of individuals using, low-income households, spring 1985 (Tables 1.1-A1 to 1.6-B2)</u>	
1.1-A1 to 1.1-A2	Meat, poultry, fish	8
1.1-B1 to 1.1-B2	Meat, poultry, fish by Food Stamp Program status	10
1.2-A1 to 1.2-A2	Milk and milk products; eggs; legumes, nuts, seeds	12
1.2-B1 to 1.2-B2	Milk and milk products; eggs; legumes, nuts, seeds by Food Stamp Program status	14
1.3-A1 to 1.3-A2	Vegetables	16
1.3-B1 to 1.3-B2	Vegetables by Food Stamp Program status	18
1.4-A1 to 1.4-A2	Fruits	20
1.4-B1 to 1.4-B2	Fruits by Food Stamp Program status	22
1.5-A1 to 1.5-A2	Grain products; fats and oils; sugars and sweets	24
1.5-B1 to 1.5-B2	Grain products; fats and oils; sugars and sweets by Food Stamp Program status	26
1.6-A1 to 1.6-A2	Beverages	28
1.6-B1 to 1.6-B2	Beverages by Food Stamp Program status	30
	<u>Nutrient intakes: Mean per individual in a day, low-income households, spring 1985 (Tables 2.1A to 2.4B)</u>	
2.1A	By income level	32
2.1B	By income level and Food Stamp Program status	36
2.2A	By race	40
2.2B	By race and Food Stamp Program status	44
2.3A	By urbanization	48
2.3B	By urbanization and Food Stamp Program status	52
2.4A	By region	56
2.4B	By region and Food Stamp Program status	60

Table Number	Table Title	Page
	<u>Nutrient intakes as percentage of 1980 Recommended Dietary Allowances: Mean per individual in a day, low-income households, spring 1985 (Tables 3.1A to 3.4B)</u>	
3.1A	By income level	64
3.1B	By income level and Food Stamp Program status	66
3.2A	By race	68
3.2B	By race and Food Stamp Program status	70
3.3A	By urbanization	72
3.3B	By urbanization and Food Stamp Program status	74
3.4A	By region	76
3.4B	By region and Food Stamp Program status	78
	<u>Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, low-income households, spring 1985 (Tables 4A to 4B)</u>	
4A	All individuals	80
4B	By Food Stamp Program status	82
	<u>Food energy from protein, total fat, fatty acids, and carbohydrate: Mean per individual in a day, low-income households, spring 1985 (Tables 5A to 5B)</u>	
5A	All individuals	84
5B	By Food Stamp Program status	85

Table Number	Table Title	Page
	<u>Frequency of eating: Percentage of individuals reporting specified number of eating occasions in a day, low-income households, spring 1985 (Tables 6A to 6B)</u>	
6A	All individuals	86
6B	By Food Stamp Program status	87
	<u>Nutritive contribution of snacks: Percentage of nutrient intake per individual in a day, low-income households, spring 1985 (Tables 7A to 7B)</u>	
7A	All individuals	88
7B	By Food Stamp Program status	90
	<u>Nutritive contribution of food obtained and eaten away from home: Percentage of nutrient intake per individual in a day, low-income households, spring 1985 (Table 8A to 8B)</u>	
8A	All individuals	92
8B	By Food Stamp Program status	94
	<u>Types of special diets, low-income households, spring 1985 (Tables 9A to 9B)</u>	
9A	All individuals	96
9B	By Food Stamp Program status	97

Table Number	Table Title	Page
	<u>Use of vitamin and mineral supplements: Percentage of individuals using supplements, low-income households, spring 1985 (Tables 10A to 10B)</u>	
10A	All individuals	98
10B	By Food Stamp Program status	99
	<u>Characteristics of the adult female respondents, by Food Stamp Program status, low-income households, spring 1985 (Tables 11.1 to 11.5)</u>	
11.1	Physiological status, employment status, and educational level	100
11.2	Physiological status and race	101
11.3	Physiological status and household income as a percentage of poverty	102
11.4	Physiological status and number of children 1 to 18 years of age in the household	103
11.5	Physiological status and number of children 1 to 5 years of age in the household	104
12	<u>Characteristics of the children's mother/caretaker, by Food Stamp Program status, low-income households, spring 1985</u>	105
	<u>Distribution of individuals by characteristics of the male head of household, by Food Stamp Program status, low-income households, spring 1985 (Tables 13.1 to 13.2)</u>	
13.1	Age and employment status	106
13.2	Educational level	107

Table Number	Table Title	Page
	<u>Distribution of individuals by selected household characteristics, by Food Stamp Program status, low-income households, spring 1985 (Tables 14.1 to 14.5)</u>	
14.1	By urbanization and by region	108
14.2	Race by urbanization	109
14.3	Race by region	110
14.4	Race by household income	111
14.5	Race by household size	112
15	<u>Household size and household income as a percentage of poverty, by Food Stamp Program status, low-income households, spring 1985</u>	114
	<u>Household composition and selected household characteristics, by Food Stamp Program status, low-income households, spring 1985 (Tables 16.1 to 16.4)</u>	
16.1	Race	115
16.2	Number of children 1 to 18 years of age in the household	116
16.3	Number of children 1 to 5 years of age in the household	117
16.4	Household income as a percentage of poverty	118
17	<u>Characteristics of the household's male head and household income as a percentage of poverty, by Food Stamp Program status, low-income households, spring 1985</u>	119

CSFII: Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985

*by the Nutrition Monitoring Division
Human Nutrition Information Service*

Introduction

This publication provides data on 1-day dietary intakes by 2,120 low-income women 19 to 50 years of age and their 1,314 children 1 to 5 years of age surveyed in the spring of 1985. This is the second in a series of publications reporting results from the Continuing Survey of Food Intakes by Individuals (CSFII) conducted by the U.S. Department of Agriculture (USDA). The first publication in the series provided 1-day dietary data for a national sample of households of all incomes containing women 19 to 50 years of age and their children 1 to 5 years of age (1). Future publications will provide 1-day dietary data for men and multiple days of dietary data for women and children of all incomes and for low-income women and children.

The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years. It provides up-to-date information on the adequacy of diets of selected population groups and early indications of dietary changes. These are important considerations for data that are used in planning food assistance and educational programs and in administering a variety of public programs.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, PA, conducted the Continuing Survey of Food Intakes by Individuals for 1985 (CSFII 1985) under contract with

the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures of food, and the nutrient composition of foods; and monitored all aspects of the contract.

Eligibility for this low-income survey was based on household income. Women 19 to 50 years of age and their children 1 to 5 years of age residing in households having income before taxes for the previous month at or below 130 percent of the appropriate poverty guideline (2) were eligible for participation.

This income level was selected because nonelderly households that have income at or below 130 percent of the poverty guidelines meet one of the income criteria for participating in the Food Stamp Program. However, not all households meeting the income criteria are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for income level only, not for food stamp eligibility. Respondents reported whether or not they participated in the Food Stamp Program. Data are provided for all low-income individuals and for Food Stamp Program participants and nonparticipants.

The CSFII 1985 intake data are based on 1-day dietary recalls obtained by personal interview. Interviewing began in April and continued into June of 1985. Appendix A gives information on sampling procedures and poverty guidelines. Appendix B compares the CSFII 1985 data with similar data collected in 1977.

Selected Results

In the spring of 1985, low-income women 19 to 50 years of age reported dietary intakes that provided a mean of 1,574 kilocalories. Women's dietary intakes were above the Recommended Dietary Allowances (RDA) for 8 of 15 nutrients examined and below the RDA for 7 nutrients. Women who lived in households that participated in the Food Stamp Program (FSP) had nutrient intakes that were generally the same or higher than those of women living in households that did not participate in the Food Stamp Program (NFSP).¹ The findings reported here are group means based on 1 day of dietary information collected as part of the CSFII.

¹ Readers are cautioned that this survey was designed to measure dietary intakes of the low-income population, not to measure the adequacy of the Food Stamp Program. Factors other than program participation, such as income and the size or composition of the household, may cause differences in dietary intake. For example, FSP households had a median income for the previous year that was 56 percent of the poverty guidelines; NFSP participants had a median income of 113 percent. In-depth analyses of the data would be needed to assess the effects of FSP participation more extensively than the summary statistics reported here.

Food Intakes

Low-income women reported a mean intake of 174 grams of meat, poultry, or fish; meat mixtures accounted for 75 grams, beef for 26 grams, and poultry for 21 grams. Pork; frankfurters, sausages, and luncheon meats; and fish and shellfish accounted for smaller proportions of women's mean intake. Children's mean intake of meat, poultry, and fish was 112 grams; 48 grams of this was meat mixtures. Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners.

FSP and NFSP women had similar mean intakes of meat, poultry, and fish (text table A). However, a higher proportion of FSP than of NFSP women ate pork (26 versus 22 percent), and lower proportions ate beef (21 versus 25 percent) and meat mixtures (28 versus 36 percent). FSP children had a higher mean intake of meat, poultry, and fish than did NFSP children (118 versus 105 grams). This difference is accounted for mostly by meat mixtures and frankfurters, sausages, and luncheon meats. A higher proportion of FSP children than of NFSP children ate frankfurters, sausages, and luncheon meats (36 versus 27 percent).

The mean intake of milk and milk products by low-income women was 190 grams; 150 grams of this was fluid milk. Fifty-one percent of the low-income women reported drinking fluid milk on the day they were surveyed. The mean intake of milk and milk products by children was 388 grams. Eighty-five percent of the children reported drinking fluid milk. Higher proportions of both FSP and NFSP women and children drank

Text table A.--Percentages of low-income women and children using food from selected food groups and mean intakes in 1 day, by Food Stamp Program status, spring 1985

Food group/subgroup	Individuals using		Mean intake	
	FSP	NFSP	FSP	NFSP
	--- <u>Percent</u> ---		----- <u>Grams</u> -----	
Women 19 to 50 years:				
Meat, poultry, and fish	86	88	175	174
Milk and milk products	65	72	182	197
Eggs	30	28	25	21
Legumes	21	20	29	18
Vegetables	73	76	146	151
Fruits	32	40	92	103
Grain products	92	91	211	204
Fats and oils	48	56	8	11
Sugars and sweets	51	52	17	16
Beverages	89	91	826	871
Children 1 to 5 years:				
Meat, poultry, and fish	86	88	118	105
Milk and milk products	92	92	404	373
Eggs	32	33	18	25
Legumes	30	32	23	21
Vegetables	75	74	99	83
Fruits	54	59	158	165
Grain products	98	98	210	194
Fats and oils	43	43	4	5
Sugars and sweets	46	53	24	22
Beverages	57	65	194	214

whole milk rather than lowfat or skim milk. A lower proportion of FSP than of NFSP women ate cheese (20 and 27 percent, respectively).

The mean intake of vegetables by low-income women was 149 grams; 53 grams of this was white potatoes. Children's mean intake of vegetables was 91 grams; 35 grams was white potatoes. About three-fourths of FSP women and of NFSP women ate a vegetable on the day they were surveyed. Similar proportions of FSP and NFSP children consumed vegetables.

The mean intake of fruits by women was 98 grams; 54 grams was citrus fruits and juices, and 44 grams was other fruits, mixtures, and juices. The mean intake of fruits by children was 162 grams; 109 grams of this was noncitrus fruits, mixtures, and juices. Lower proportions of FSP than of NFSP women and children consumed fruits.

The mean intake of grain products by low-income women was 207 grams; 70 grams of this was grain mixtures. Of children's mean intake of grain products (202 grams), 68 grams was grain mixtures. Grain mixtures may include items from other food groups, such as meat or vegetables (for example, spaghetti with meat sauce, quiche, or egg rolls).

Fat and oils as a separate item were reported by a lower proportion of FSP than of NFSP women (48 versus 56 percent). Mean intakes were lower for FSP women also.

The mean intake of beverages by low-income women was 852 grams; 300 grams was coffee and 277 grams

was carbonated soft drinks. Fifty percent of the women drank soft drinks; 42 percent drank regular soft drinks and 9 percent drank low-calorie soft drinks. The mean intake of beverages by children was 204 grams; including 104 grams of fruit drinks and ades, 70 grams of carbonated soft drinks, and 29 grams of tea. Smaller proportions of FSP than of NFSP women reported drinking coffee (43 versus 47 percent), tea (20 versus 28 percent), and carbonated soft drinks (47 versus 52 percent); and a higher proportion reported fruit drinks and ades (21 versus 17 percent). Lower proportions of FSP than of NFSP children drank carbonated soft drinks (24 versus 32 percent) and tea (8 versus 14 percent). Mean intakes of low-calorie soft drinks by FSP women were only one-half that of NFSP women.

Nutrient Intakes

Low-income women reported food intakes that provided a mean of 1,574 kilocalories. The mean energy intake by children was 1,404 kilocalories. FSP and NFSP women had similar energy intakes (1,571 and 1,576 kilocalories, respectively), but FSP children had a higher energy intake than did NFSP children (1,434 versus 1,373 kilocalories). Mean intakes by FSP women and children of protein, fat, and most vitamins and minerals studied were about the same as or higher than those by NFSP women and children.

Mean intakes by low-income women were above the RDA for 8 of the 15 nutrients examined. Intakes were below the RDA for seven nutrients: vitamin B₆, calcium, magnesium, iron, vitamin E, folacin, and

zinc.² Nutrient intakes that were below the RDA were the same regardless of income level or race (see text table B). For children, mean intakes of food energy (97 percent), calcium (96 percent), iron (84 percent), and zinc (76 percent) failed to meet the RDA.

Mean intakes below the RDA do not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group (3). Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals' having inadequate intakes increases as the mean intake for their group falls further below the RDA.

The mean copper intake by low-income women (1.0 milligram) was well below the range of recommended intakes for adults (2.0-3.0 milligrams) suggested by the Food and Nutrition Board, National Academy of Sciences (3). Mean copper intakes for children 1 to 3 and 4 to 5 years (0.8 and 0.9 milligrams, respectively) were below the recommended ranges for children in those age groups (1.0-1.5 milligrams and 1.5-2.0 milligrams, respectively).

²The women included in this report were those living in households with incomes at or below 130 percent of the poverty guidelines. Women living in households with incomes over 130 percent of the poverty guidelines also had mean nutrient intakes below the RDA for vitamin B₆, calcium, magnesium, iron, folacin, and zinc (1).

Mean nutrient intakes of FSP women and children, expressed as percentages of the 1980 RDA, were the same as or higher than those of NFSP women and children. Both FSP and NFSP women had mean intakes that met the RDA for 8 of the 15 nutrients studied. Mean intakes by women that were below the RDA for food energy and seven nutrients are shown below by FSP status.

	Food Stamp Program	
	Participants	Nonparticipants
	----Percentage of RDA----	
Food energy.....	77	77
Vitamin B ₆	59	56
Calcium	70	70
Magnesium.....	64	64
Iron	61	58
Vitamin E	88	81
Folacin	48	45
Zinc	58	57

Mean intakes by FSP children met the RDA for food energy and 13 of the 15 nutrients studied; their intakes were below the RDA only for iron (92 percent) and zinc (78 percent). Mean intakes by NFSP children were below the RDA for food energy (95 percent) and calcium (92 percent) in addition to iron (76 percent) and zinc (73 percent).

Protein provided 16 percent of low-income women's food energy; fat, 36 percent; and carbohydrate, 48 percent.

Text table B--Mean intakes in 1 day of selected nutrients below the 1980 RDA by low-income women 19 to 50 years of age, by income level and by race, spring 1985

Income level and race	Vitamin B ₆	Calcium	Magne- sium	Iron	Vita- min E	Fola- cin	Zinc
	-----Percentage of RDA-----						
Income level:							
Under 76% of poverty..	57	69	63	58	88	46	56
76-130% of poverty	59	72	64	61	84	48	57
Race:							
White	58	77	67	59	83	47	57
Black	56	56	55	57	87	45	56
All women	58	70	64	59	84	46	57

The percentages of food energy provided by protein, fat, and carbohydrate for FSP women were similar to those for NFSP women. There were no differences in the type of fat consumed by FSP and NFSP women--saturated fat provided 13 percent of women's food energy and polyunsaturated fat provided 6 to 7 percent.

Eating Patterns

Three times a day was the frequency of eating most often reported by women (30 percent), followed by four times a day (26 percent). Similar percentages of children ate four times a day (27 percent) and three times a day (26 percent).

Sixty-eight percent of low-income women identified one or more of their eating occasions as a snack. Snacks by women contributed 15 percent of their food energy intake and 10 to 15 percent of the intakes of the vitamins and minerals studied. Snacks provided slightly higher proportions of the day's food energy and nutrients for FSP women than for NFSP women. Of the children, 74 percent consumed one or more snacks. Children obtained 18 percent of their food energy intake and 10 to 17 percent of their intakes of vitamins and minerals from snacks in 1985. Snacks were consumed by a lower percentage of FSP children (70 percent) than of NFSP children (79 percent), and provided a slightly lower proportion of the day's food energy and nutrients for FSP than for NFSP children.

On the day they were surveyed, 39 percent of low-income women obtained and ate some food away from home. Thirty-two percent of FSP women and 44 percent of NFSP women reported eating food away from

home. Reflecting these differences, food eaten away from home contributed lower proportions of the day's intakes of food energy and nutrients for FSP women (13 to 15 percent) than for NFSP women (19 to 22 percent). Twenty-nine percent of FSP children and 35 percent of NFSP children reported obtaining and eating food away from home. Food eaten away from home accounted for 10 to 14 percent of both FSP and NFSP children's intakes of food energy and nutrients.

Supplements

Forty-one percent of the low-income women surveyed and 46 percent of their children 1 to 5 years old used some type of vitamin or mineral supplement regularly or occasionally. Vitamin and mineral supplements were used by a lower percentage of FSP than of NFSP women (34 versus 46 percent). Supplements were used by 42 percent of FSP children and 51 percent of NFSP children. The nutrient intakes reported in the tables do not include nutrients contributed by supplements.

Table 1.1-A1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats							
<u>Number</u>		<u>Grams</u>											
Children:													
1-3.....	806	107	13	9	1	(*)							
4-5.....	509	119	17	19	1	(*)							
All.....	1,314	112	15	9	1	(*)							
Women:													
19-34.....	1,382	179	26	18	1	2							
35-50.....	738	165	28	19	1	2							
All.....	2,120	174	26	18	1	2							
<table><tr><td rowspan="2">Frankfurters, Sausages, Luncheon Meats</td><td colspan="2">Poultry</td><td rowspan="4">Fish and Shellfish</td><td rowspan="4">Mixtures Mainly Meat, Poultry, Fish</td></tr><tr><td>Total</td><td>Chicken</td></tr></table>							Frankfurters, Sausages, Luncheon Meats	Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish	Total	Chicken
Frankfurters, Sausages, Luncheon Meats	Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish									
	Total	Chicken											
		<u>Grams</u>											
Children:													
1-3.....	15	16	14	5	45								
4-5.....	18	14	13	4	51								
All.....	16	15	14	5	48								
Women:													
19-34.....	16	21	19	11	80								
35-50.....	13	21	19	10	66								
All.....	15	21	19	11	75								

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.1-A2.--Meat, Poultry, Fish: Percentage of Individuals Using, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats
<hr/>						
	<u>Number</u>	<u>Percent</u>				
<hr/>						
Children:						
1-3.....	806	86.2	19.0	19.7	1.3	0.7
4-5.....	509	88.2	22.5	19.7	1.5	1.0
All.....	1,314	86.9	20.3	19.7	1.4	.9
Women:						
19-34.....	1,382	87.0	22.6	23.8	1.0	.9
35-50.....	738	87.5	24.4	23.9	1.8	1.6
All.....	2,120	87.2	23.2	23.8	1.3	1.2
<hr/>						
	Frankfurters, Sausages, Luncheon Meats		Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
		Total	Chicken			
<hr/>						
	<u>Percent</u>					
<hr/>						
Children:						
1-3.....	30.4	21.2	18.9	7.9	31.9	
4-5.....	33.5	19.8	18.1	5.1	30.9	
All.....	31.6	20.7	18.6	6.8	31.5	
Women:						
19-34.....	25.8	17.8	16.3	7.6	33.6	
35-50.....	23.4	18.4	16.7	7.2	30.4	
All.....	24.9	18.0	16.4	7.5	32.5	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.1-B1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---												
-----Grams-----												
Children:												
1-3.....	410	396	115	100	14	12	7	11	1	1	1	(*)
4-5.....	256	252	123	115	16	18	10	11	2	1	1	(*)
All.....	666	648	118	105	15	14	8	11	1	1	1	(*)
Women:												
19-34.....	630	752	178	181	22	29	20	16	2	1	3	(*)
35-50.....	277	461	170	163	30	26	24	15	2	1	2	2
All.....	907	1,212	175	174	25	28	21	16	2	1	3	1
	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish			
			Total		Chicken							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Grams-----												
Children:												
1-3.....	18	12	15	17	14	14	3	7	52	38		
4-5.....	18	17	15	14	15	12	4	4	54	48		
All.....	18	14	15	16	14	13	4	5	53	42		
Women:												
19-34.....	18	13	23	20	21	18	9	13	75	85		
35-50.....	12	14	22	20	20	19	15	7	57	71		
All.....	16	14	23	20	21	18	11	11	70	79		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.1-82.--Meat, Poultry, Fish: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---				-----Percent-----							
Children:												
1-3.....	410	396	85.2	87.1	18.4	19.5	19.3	20.2	0.7	1.8	1.1	0.4
4-5.....	256	252	87.4	89.0	20.8	24.2	16.7	22.7	2.1	1.0	1.3	.8
All.....	666	648	86.0	87.9	19.3	21.4	18.3	21.1	1.2	1.5	1.1	.6
Women:												
19-34.....	630	752	84.8	88.9	18.9	25.6	24.5	23.2	1.4	.8	1.8	.2
35-50.....	277	461	87.5	87.5	25.2	24.0	28.1	21.4	1.9	1.8	1.7	1.6
All.....	907	1,212	85.6	88.4	20.8	25.0	25.6	22.5	1.5	1.2	1.8	.7
	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish			
			Total		Chicken							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Percent-----											
Children:												
1-3.....	35.4	25.2	21.1	21.2	20.0	17.8	5.7	10.1	32.3	31.5		
4-5.....	36.8	30.1	19.0	20.6	18.1	18.1	5.6	4.7	31.9	29.9		
All.....	35.9	27.1	20.3	21.0	19.3	17.9	5.6	8.0	32.1	30.9		
Women:												
19-34.....	28.1	23.8	17.7	17.8	16.7	15.8	6.1	8.8	39.1	36.5		
35-50.....	20.2	25.3	18.5	18.3	17.2	16.4	9.1	6.1	23.5	34.5		
All.....	25.7	24.4	18.0	18.0	16.9	16.0	7.0	7.8	28.1	35.8		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-A1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Milk and Milk Products														
		Total Milk and Milk Products	Total Milk and Milk Products	Fluid Milk												
				Total	Whole	Lowfat/Skim										
<u>Calcium</u>																
	<u>Number</u>	<u>Grams</u>	<u>Equivalents</u>	<u>Grams</u>												
Children:																
1-3.....	806	401	438	359	277	81										
4-5.....	509	369	407	315	241	73										
All.....	1,314	388	426	342	263	78										
Women:																
19-34.....	1,382	215	261	172	119	52										
35-50.....	738	143	173	109	73	34										
All.....	2,120	190	230	150	103	46										
<table><tr><th colspan="4">Milk and Milk Products</th><th rowspan="4">Eggs</th><th rowspan="4">Legumes, Nuts, Seeds</th></tr><tr><th rowspan="3">Yogurt</th><th rowspan="3">Cream and Milk Desserts</th><th rowspan="3">Cheese</th><th></th></tr><tr></tr><tr></tr></table>							Milk and Milk Products				Eggs	Legumes, Nuts, Seeds	Yogurt	Cream and Milk Desserts	Cheese	
Milk and Milk Products				Eggs	Legumes, Nuts, Seeds											
Yogurt	Cream and Milk Desserts	Cheese														
<u>Grams</u>																
Children:																
1-3.....	3	20	10	23	25											
4-5.....	3	18	12	19	17											
All.....	3	20	10	21	22											
Women:																
19-34.....	3	14	13	24	24											
35-50.....	3	15	9	20	21											
All.....	3	15	12	23	23											

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-A2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using,
Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Milk and Milk Products			
		Total Milk and Milk Products	Fluid Milk		
			Total	Whole	Lowfat/Skim
<u>Number</u>		<u>Percent</u>			
Children:					
1-3.....	806	92.2	86.4	65.5	22.9
4-5.....	509	91.9	83.3	64.9	19.6
All.....	1,314	92.1	85.2	65.3	21.6
Women:					
19-34.....	1,382	70.4	53.0	36.9	15.9
35-50.....	738	66.8	46.8	31.4	14.0
All.....	2,120	69.1	50.8	35.0	15.2
		Milk and Milk Products			
Yogurt		Cream and Milk Desserts	Cheese	Eggs	Legumes, Nuts, Seeds
		<u>Percent</u>			
Children:					
1-3.....	2.3	21.0	24.9	33.5	33.1
4-5.....	1.4	17.8	26.2	31.8	28.1
All.....	2.0	19.7	25.4	32.8	31.2
Women:					
19-34.....	1.2	15.6	26.6	30.9	21.5
35-50.....	1.3	12.5	19.8	26.4	17.7
All.....	1.3	14.5	24.2	29.3	20.2

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-B1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Milk and Milk Products											
	Individuals		Total Milk and Milk Products				Fluid Milk					
			Total Milk and Milk Products		Total Milk and Milk Products		Total		Whole		Lowfat/Skim	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Calcium												
---Number--- ---Grams--- ---Equivalents--- ---Grams---												
Children:												
1-3.....	410	396	411	389	453	422	371	347	294	259	75	88
4-5.....	256	252	391	347	432	382	340	290	289	192	50	97
All.....	666	648	404	373	445	406	359	325	292	233	66	91
Women:												
19-34.....	630	752	194	234	236	281	156	186	122	118	34	68
35-50.....	277	461	155	136	180	169	126	98	84	66	38	31
All.....	907	1,212	182	197	219	239	147	153	110	98	35	54
	Milk and Milk Products											
	Yogurt		Cream and Milk Desserts		Cheese		Eggs		Legumes, Nuts, Seeds			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Grams												
Children:												
1-3.....	3	3	16	25	10	10	19	27	29	22		
4-5.....	5	0	20	17	11	12	17	22	15	18		
All.....	4	2	17	22	10	11	18	25	23	21		
Women:												
19-34.....	2	4	14	15	12	14	27	22	28	21		
35-50.....	1	4	15	15	6	11	19	20	32	14		
All.....	2	4	14	15	10	13	25	21	29	18		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-B2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Milk and Milk Products							
			Total Milk and Milk Products		Fluid Milk					
	Total				Whole		Lowfat/Skim			
			FSP	NFSP					FSP	NFSP
---Number---			-----Percent-----							
Children:										
1-3.....	410	396	91.9	92.5	86.5	86.2	69.2	61.6	20.2	25.7
4-5.....	256	252	91.3	92.6	85.3	81.2	70.8	58.9	15.7	23.6
All.....	666	648	91.6	92.5	86.1	84.3	69.8	60.6	18.5	24.9
Women:										
19-34.....	630	752	66.0	74.1	48.5	56.8	37.4	36.4	11.3	19.8
35-50.....	277	461	61.8	69.7	48.2	45.9	32.4	30.8	12.7	14.8
All.....	907	1,212	64.8	72.4	48.4	52.7	35.9	34.3	11.7	17.9
Milk and Milk Products										
Yogurt		Cream and Milk Desserts		Cheese		Eggs		Legumes, Nuts, Seeds		
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Percent-----										
Children:										
1-3.....	2.2	2.4	17.8	24.3	24.1	25.7	34.0	32.9	33.2	33.1
4-5.....	2.8	.0	17.6	18.0	25.4	27.1	29.5	34.1	26.0	30.2
All.....	2.4	1.5	17.7	21.8	24.6	26.2	32.3	33.3	30.4	31.9
Women:										
19-34.....	.7	1.6	13.6	17.2	23.0	29.5	32.6	29.4	21.9	21.2
35-50.....	.7	1.7	12.6	12.3	14.0	23.3	25.4	26.9	18.9	16.9
All.....	.7	1.7	13.3	15.4	20.3	27.2	30.4	28.5	21.0	19.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.3-A1.--Vegetables: Mean Intakes per Individual in a Day,
Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes
	Number		Grams	
Children:				
1-3.....	806	245	85	33
4-5.....	509	265	100	39
All.....	1,314	253	91	35
Women:				
19-34.....	1,382	250	146	55
35-50.....	738	243	155	49
All.....	2,120	247	149	53
	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
			Grams	
Children:				
1-3.....	11	3	2	36
4-5.....	15	6	4	36
All.....	12	4	3	36
Women:				
19-34.....	19	6	5	62
35-50.....	17	12	6	71
All.....	18	8	5	65

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Age of Individuals (Years)	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes
-----Percent-----				
	Number			
Children:				
1-3.....	806	88.5	74.3	45.9
4-5.....	509	86.0	75.4	47.4
All.....	1,314	87.5	74.7	46.5
Women:				
19-34.....	1,382	82.4	75.7	42.7
35-50.....	738	80.9	73.3	38.6
All.....	2,120	81.8	74.9	41.3
	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
-----Percent-----				
Children:				
1-3.....	24.9	3.8	5.5	45.4
4-5.....	26.8	6.7	7.2	44.9
All.....	25.6	4.9	6.2	45.2
Women:				
19-34.....	27.6	4.9	7.1	54.6
35-50.....	22.2	6.7	7.1	57.7
All.....	25.7	5.5	7.1	55.7

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.3-B1.--Vegetables: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----								
Children:								
1-3.....	410	396	257	232	98	73	39	26
4-5.....	256	252	257	273	101	99	48	31
All.....	666	648	257	248	99	83	43	28
Women:								
19-34.....	630	752	232	265	145	147	57	53
35-50.....	277	461	251	238	148	158	46	51
All.....	907	1,212	238	255	146	151	54	52
-----Grams-----								
	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Children:								
1-3.....	12	9	4	2	1	4	41	31
4-5.....	10	20	7	5	4	5	33	40
All.....	11	13	5	3	2	4	38	35
Women:								
19-34.....	18	20	5	6	4	6	61	63
35-50.....	14	19	16	9	3	8	70	72
All.....	17	19	9	7	3	7	64	66

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985.

Table 1.3-B2.--Vegetables: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Number-----Percent-----

Children:

1-3.....	410	396	88.4	88.6	74.7	73.8	48.9	42.8
4-5.....	256	252	85.3	86.8	76.5	74.3	49.3	45.5
All.....	666	648	87.2	87.9	75.4	74.0	49.1	43.8

Women:

19-34.....	630	752	80.3	84.1	73.7	77.4	43.1	42.3
35-50.....	277	461	80.0	81.4	71.3	74.5	31.8	42.6
All.....	907	1,212	80.2	83.1	73.0	76.3	39.7	42.4

	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	28.1	21.6	3.7	3.9	1.9	9.1	45.7	45.1
4-5.....	26.7	26.8	6.4	7.0	6.7	7.9	45.8	44.0
All.....	27.5	23.6	4.7	5.1	3.7	8.6	45.7	44.6

Women:

19-34.....	26.6	28.4	4.0	5.7	4.3	9.4	51.7	57.1
35-50.....	19.5	23.9	5.9	7.2	4.9	8.4	54.6	59.5
All.....	24.4	26.7	4.6	6.2	4.5	9.0	52.6	58.0

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985.

Table 1.4-A1.--Fruits: Mean Intakes per Individual in a Day, Low-Income Households,
Spring 1985

Age of Individuals (Years)	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits
			Total	Juices	
<hr/>					
	<u>Number</u>		<u>Grams</u>		
<hr/>					
Children:					
1-3.....	806	160	52	45	1
4-5.....	509	165	53	44	1
ALL.....	1,314	162	52	45	1
Women:					
19-34.....	1,382	104	56	49	1
35-50.....	738	88	50	41	(*)
ALL.....	2,120	98	54	46	(*)
<hr/>					
	Other Fruits, Mixtures, Juices				
	Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
<hr/>					
	<u>Grams</u>				
<hr/>					
Children:					
1-3.....	107	19	11	22	56
4-5.....	111	28	10	17	57
ALL.....	109	22	11	20	56
Women:					
19-34.....	47	10	4	17	15
35-50.....	38	11	7	14	6
ALL.....	44	11	5	16	12

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-A2.--Fruits: Percentage of Individuals Using, Low-Income Households,
Spring 1985

Age of Individuals (Years)	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits
			Total	Juices	
	<u>Number</u>		<u>Percent</u>		
Children:					
1-3.....	806	58.3	27.4	23.6	1.8
4-5.....	509	54.2	23.8	19.4	1.0
All.....	1,314	56.7	26.0	22.0	1.5
Women:					
19-34.....	1,382	36.2	20.7	17.2	.9
35-50.....	738	37.0	21.2	16.5	1.0
All.....	2,120	36.5	20.9	17.0	.9
Other Fruits, Mixtures, Juices					
	Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
	<u>Percent</u>				
Children:					
1-3.....	43.0	14.8	11.4	14.5	18.5
4-5.....	41.1	18.3	8.3	11.1	15.8
All.....	42.3	16.2	10.2	13.2	17.4
Women:					
19-34.....	21.2	6.5	4.0	9.4	5.6
35-50.....	22.3	7.7	6.7	8.5	2.6
All.....	21.6	6.9	4.9	9.1	4.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-B1.--Fruits: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---										
-----Grams-----										
Children:										
1-3.....	410	396	159	160	56	47	49	41	(*)	1
4-5.....	256	252	156	174	59	47	55	34	2	(*)
All.....	666	648	158	165	57	47	51	38	1	1
Women:										
19-34.....	630	752	87	118	51	61	45	53	(*)	1
35-50.....	277	461	103	79	67	40	58	31	0	(*)
All.....	907	1,212	92	103	56	53	49	45	(*)	1
Other Fruits, Mixtures, Juices										
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Grams-----										
Children:										
1-3.....	103	111	21	17	9	13	19	24	54	58
4-5.....	95	127	25	31	7	13	13	21	51	63
All.....	100	117	22	22	8	13	16	23	53	60
Women:										
19-34.....	36	56	6	14	3	5	14	19	12	18
35-50.....	37	39	10	12	8	6	17	12	2	9
All.....	36	50	7	13	4	6	15	16	9	14

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-B2.--Fruits: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---										
-----Percent-----										
Children:										
1-3.....	410	396	57.3	59.3	28.7	26.1	25.9	21.2	1.1	2.5
4-5.....	256	252	50.0	58.4	25.3	22.2	23.4	15.4	1.0	1.1
ALL.....	666	648	54.5	58.9	27.4	24.6	24.9	19.0	1.1	1.9
Women:										
19-34.....	630	752	31.4	40.3	18.1	22.8	15.3	18.8	.5	1.2
35-50.....	277	461	34.7	38.4	22.7	20.3	19.7	14.5	.0	1.5
ALL.....	907	1,212	32.4	39.5	19.5	21.9	16.7	17.2	.3	1.3
Other Fruits, Mixtures, Juices										
Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars		
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Percent-----										
Children:										
1-3.....	39.7	46.4	12.4	17.3	7.8	15.1	12.6	16.5	16.6	20.4
4-5.....	34.0	48.2	15.5	21.1	5.5	11.2	8.4	13.9	13.4	18.2
ALL.....	37.5	47.1	13.6	18.8	6.9	13.5	11.0	15.5	15.4	19.5
Women:										
19-34.....	16.4	25.1	4.5	8.2	3.0	4.8	6.5	11.8	4.6	6.5
35-50.....	19.9	23.8	6.8	8.3	7.4	6.3	7.5	9.1	.9	3.6
ALL.....	17.5	24.6	5.2	8.3	4.3	5.4	6.8	10.8	3.5	5.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.5-A1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day,
Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Grain Products					
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas		Mixtures Mainly Grain
					Total	Ready-To- Eat Cereals	
<u>Number</u>		<u>Grams</u>					
Children:							
1-3.....	806	193	32	29	66	16	67
4-5.....	509	216	45	39	60	21	71
All.....	1,314	202	37	33	64	18	68
Women:							
19-34.....	1,382	217	45	39	57	8	76
35-50.....	738	188	47	32	50	7	59
All.....	2,120	207	46	36	55	7	70
		Fats and Oils			Sugars and Sweets		
Total Fats and Oils		Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy	
<u>Grams</u>							
Children:							
1-3.....	4	2	1	18	1	5	
4-5.....	6	3	2	31	2	7	
All.....	4	3	2	23	2	6	
Women:							
19-34.....	10	4	6	18	5	5	
35-50.....	10	4	5	14	5	2	
All.....	10	4	6	17	5	4	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.5-A2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using,
Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Grain Products					
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas		Mixtures Mainly Grain
					Total	Ready-To- Eat Cereals	
Number		Percent					
Children:							
1-3.....	806	97.8	64.7	56.8	70.9	50.3	34.3
4-5.....	509	99.1	74.3	60.0	69.2	55.0	35.1
All.....	1,314	98.3	68.4	58.0	70.2	52.1	34.6
Women:							
19-34.....	1,382	92.3	66.7	47.6	32.6	15.0	28.0
35-50.....	738	89.1	67.4	40.9	33.9	14.0	20.6
All.....	2,120	91.2	66.9	45.3	33.1	14.7	25.4
		Fats and Oils		Sugars and Sweets			
		Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy
		Percent					
Children:							
1-3.....	38.8	31.0	11.5	48.4	21.5	15.4	
4-5.....	49.5	38.0	16.9	51.4	20.2	19.2	
All.....	42.9	33.7	13.6	49.6	21.0	16.9	
Women:							
19-34.....	50.8	32.4	24.2	52.4	35.9	9.6	
35-50.....	55.8	38.5	22.8	50.3	39.3	5.8	
All.....	52.5	34.5	23.7	51.7	37.1	8.2	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.5-B1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

---Grams---

Children:

1-3.....	410	396	203	183	33	31	29	29	73	58	16	16	68	65
4-5.....	256	252	220	211	45	45	38	40	63	57	25	18	74	69
All.....	666	648	210	194	38	36	32	33	69	58	20	16	71	66

Women:

19-34.....	630	752	215	220	42	48	37	40	55	59	7	9	81	72
35-50.....	277	461	203	179	40	51	33	32	64	42	8	6	66	55
All.....	907	1,212	211	204	41	49	36	37	58	52	7	7	76	66

Fats and Oils							Sugars and Sweets						
Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Grams---

Children:

1-3.....	3	4	2	2	1	2	19	17	1	2	4	5
4-5.....	6	6	4	3	2	3	31	31	3	2	4	11
All.....	4	5	3	2	2	2	24	22	2	2	4	8

Women:

19-34.....	8	12	3	4	4	7	17	19	5	5	6	4
35-50.....	9	10	3	4	5	5	17	12	7	5	4	1
All.....	8	11	3	4	4	6	17	16	5	5	5	3

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.5-B2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using,
by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

--Number--

Percent

Children:

1-3.....	410	396	97.7	98.0	64.9	64.5	55.6	58.0	68.6	73.3	48.5	52.1	31.8	36.8
4-5.....	256	252	99.5	98.6	74.6	73.9	57.1	62.9	73.3	65.0	59.8	50.2	33.6	36.5
All.....	666	648	98.4	98.2	68.6	68.2	56.2	59.9	70.4	70.1	52.9	51.4	32.5	36.7

Women:

19-34.....	630	752	91.6	92.9	64.0	68.9	46.3	48.8	31.7	33.5	14.1	15.7	27.6	28.4
35-50.....	277	461	91.7	87.6	64.7	69.0	40.3	41.2	42.5	28.7	17.2	12.1	22.6	19.4
All.....	907	1,212	91.6	90.9	64.2	69.0	44.5	45.9	35.0	31.7	15.1	14.4	26.0	25.0

Fats and Oils							Sugars and Sweets						
Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

Percent

Children:

1-3.....	38.2	39.4	29.3	32.7	11.1	12.0	45.7	51.2	16.2	26.9	15.7	15.0
4-5.....	50.1	48.8	38.2	37.8	16.7	17.1	47.3	55.6	20.4	20.1	14.7	23.8
All.....	42.8	43.1	32.7	34.7	13.3	14.0	46.3	52.9	17.8	24.3	15.3	18.5

Women:

19-34.....	45.3	55.4	28.6	35.6	19.6	28.1	50.2	54.2	32.6	38.8	10.5	8.8
35-50.....	52.5	57.8	32.9	41.8	21.1	23.9	52.0	49.3	44.4	36.3	6.7	5.2
All.....	47.5	56.3	29.9	38.0	20.0	26.5	50.8	52.4	36.2	37.8	9.3	7.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-A1.--Beverages: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages		
			Total	Beer and Ale	Total	Coffee	Tea
	Number				Grams		
Children:							
1-3.....	806	179	0	0	179	(*)	22
4-5.....	509	244	(*)	(*)	244	1	41
All.....	1,314	204	(*)	(*)	204	1	29
Women:							
19-34.....	1,382	830	46	36	784	238	160
35-50.....	738	892	57	51	835	417	115
All.....	2,120	852	50	41	802	300	144
Nonalcoholic Beverages							
Fruit Drinks and Ades							
Carbonated Soft Drinks							
Total							
Regular							
Low-Calorie							
Total							
Regular							
Low-Calorie							
Grams							
Children:							
1-3.....	93	89	4	64	59	5	
4-5.....	122	114	7	80	74	6	
All.....	104	99	5	70	65	5	
Women:							
19-34.....	91	82	9	295	242	52	
35-50.....	60	50	10	243	184	50	
All.....	80	71	9	277	222	51	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-A2.--Beverages: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages		
			Total	Beer and Ale	Total	Coffee	Tea
<hr/>							
	<u>Number</u>		<u>Percent</u>				
<hr/>							
Children:							
1-3.....	806	59.1	0.0	0.0	59.1	0.4	9.7
4-5.....	509	63.1	.4	.1	63.1	.5	12.3
All.....	1,314	60.6	.1	(*)	60.6	.4	10.7
Women:							
19-34.....	1,382	88.8	8.6	5.4	87.4	38.6	25.3
35-50.....	738	92.9	6.9	4.6	91.4	59.0	22.2
All.....	2,120	90.2	8.0	5.1	88.8	45.7	24.2
<hr/>							
	Nonalcoholic Beverages						
	<hr/>						
	Fruit Drinks and Aides				Carbonated Soft Drinks		
	<hr/>						
	Total	Regular	Low-Calorie	Total	Regular	Low-Calorie	
<hr/>							
<hr/>							
	<u>Percent</u>						
<hr/>							
Children:							
1-3.....	33.9	32.5	1.8	28.3	25.9		2.5
4-5.....	35.2	33.2	2.7	27.6	24.9		3.0
All.....	34.4	32.8	2.1	28.0	25.5		2.7
Women:							
19-34.....	20.2	19.3	.9	52.9	45.0		9.3
35-50.....	15.4	13.4	2.2	44.8	35.2		9.6
All.....	18.5	17.3	1.4	50.1	41.6		9.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-B1.--Beverages: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

---Grams---

Children:

1-3.....	410	396	166	193	0	0	0	0	166	193	(*)	(*)	14	29
4-5.....	256	252	240	249	0	(*)	0	(*)	240	248	1	1	37	46
All.....	666	648	194	214	0	(*)	0	(*)	194	214	(*)	1	23	36

Women:

19-34.....	630	752	835	826	64	31	53	21	771	794	245	232	130	185
35-50.....	277	461	806	944	62	54	55	49	744	890	362	450	109	119
All.....	907	1,212	826	871	63	40	54	32	763	831	281	315	123	160

Nonalcoholic Beverages													
Fruit Drinks and Aides							Carbonated Soft Drinks						
Total		Regular		Low-Calorie		Total		Regular		Low-Calorie			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Grams---

Children:

1-3.....	97	89	92	86	4	3	55	74	51	67	4	6	
4-5.....	132	112	127	102	5	10	71	89	65	84	6	5	
All.....	110	98	106	92	5	6	61	80	56	74	5	6	

Women:

19-34.....	112	74	100	67	12	6	284	303	249	235	35	67	
35-50.....	61	60	59	44	2	15	212	261	183	184	25	65	
All.....	96	68	87	59	9	10	262	287	229	216	32	66	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-B2.--Beverages: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---														
-----Percent-----														
Children:														
1-3.....	410	396	54.6	63.7	0.0	0.0	0.0	0.0	54.6	63.7	0.3	0.5	6.3	13.2
4-5.....	256	252	60.2	66.0	.0	.7	.0	.2	60.2	66.0	.2	.7	9.6	15.1
All.....	666	648	56.8	64.6	.0	.3	.0	.1	56.8	64.6	.2	.6	7.6	13.9
Women:														
19-34.....	630	752	88.8	88.8	9.1	8.2	6.3	4.6	86.7	88.0	37.9	39.1	20.0	29.7
35-50.....	277	461	90.7	94.2	7.8	6.3	5.9	3.9	89.7	92.4	55.6	61.0	19.1	24.1
All.....	907	1,212	89.4	90.8	8.7	7.4	6.2	4.3	87.6	89.6	43.3	47.4	19.7	27.6
Nonalcoholic Beverages														
Fruit Drinks and Aides														
Carbonated Soft Drinks														
Total		Regular		Low-Calorie		Total		Regular		Low-Calorie				
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Percent-----														
Children:														
1-3.....	33.7	34.1	32.8	32.2	1.5	2.1	23.2	33.5	21.5	30.4	2.2	2.8		
4-5.....	34.1	36.3	33.6	32.7	1.6	3.8	24.5	30.8	21.4	28.5	3.6	2.3		
All.....	33.8	34.9	33.1	32.4	1.5	2.7	23.7	32.5	21.4	29.7	2.8	2.6		
Women:														
19-34.....	22.9	17.9	22.4	16.8	.5	1.3	49.8	55.4	44.7	45.1	5.3	12.7		
35-50.....	17.2	14.4	16.7	11.5	.9	2.9	40.8	47.2	35.1	35.2	5.8	11.8		
All.....	21.1	16.6	20.7	14.8	.6	1.9	47.1	52.3	41.8	41.4	5.4	12.3		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985

Income Level and Age of Individuals (Years)	Individuals	Food Energy	Protein	Total Fat	Carbohydrate	Vitamin A	Ascorbic Acid	Thiamin
	Number	Kilocalories	Grams			International Units	Milligrams	
0 to 75% Poverty:								
Children:								
1-3.....	356	1,380	55.0	55.8	168.7	3,614	80	1.20
4-5.....	244	1,548	56.5	61.8	196.7	4,537	82	1.32
All.....	599	1,448	55.6	58.2	180.0	3,989	81	1.25
Women:								
19-34.....	571	1,650	65.8	67.3	193.6	5,220	74	1.16
35-50.....	303	1,343	54.2	51.7	163.1	3,825	67	1.02
All.....	874	1,543	61.7	61.9	183.1	4,736	72	1.11
76 to 130% Poverty:								
Children:								
1-3.....	266	1,235	47.6	49.3	153.8	3,379	70	1.00
4-5.....	156	1,467	54.5	58.8	184.3	4,485	85	1.16
All.....	422	1,321	50.1	52.8	165.1	3,787	76	1.06
Women:								
19-34.....	438	1,688	65.4	67.3	204.2	4,428	76	1.29
35-50.....	265	1,401	57.1	56.7	162.1	4,715	68	1.01
All.....	703	1,580	62.3	63.3	188.3	4,536	73	1.18
0 to 130% Poverty:								
Children:								
1-3.....	622	1,318	51.9	53.0	162.3	3,514	76	1.11
4-5.....	399	1,517	55.7	60.6	191.8	4,517	83	1.26
All.....	1,021	1,396	53.4	56.0	173.9	3,906	79	1.17
Women:								
19-34.....	1,008	1,667	65.6	67.3	198.2	4,877	75	1.22
35-50.....	569	1,370	55.5	54.0	162.7	4,240	67	1.01
All.....	1,577	1,560	62.0	62.5	185.4	4,647	72	1.14
All Low Income:								
Children:								
1-3.....	806	1,330	52.8	53.3	163.7	3,599	77	1.11
4-5.....	509	1,523	56.6	60.7	192.2	4,508	82	1.26
All.....	1,314	1,404	54.3	56.2	174.7	3,951	79	1.17
Women:								
19-34.....	1,382	1,669	65.5	66.8	200.5	4,719	76	1.19
35-50.....	738	1,395	56.4	56.1	162.6	4,751	69	1.02
All.....	2,120	1,574	62.4	63.1	187.3	4,730	74	1.13

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron
	-----Milligrams-----		-----Micrograms-----		-----Milligrams-----			
0 to 75% Poverty:								
Children:								
1-3.....	1.72	14.6	1.29	4.73	819	1,013	187	11.2
4-5.....	1.78	16.5	1.45	4.69	786	1,010	188	11.7
All.....	1.74	15.4	1.36	4.71	806	1,011	188	11.4
Women:								
19-34.....	1.45	17.2	1.23	6.79	614	1,039	201	10.8
35-50.....	1.17	15.1	1.06	3.75	498	823	182	9.8
All.....	1.36	16.5	1.17	5.74	573	964	195	10.5
76 to 130% Poverty:								
Children:								
1-3.....	1.46	11.7	1.05	3.48	687	865	158	8.9
4-5.....	1.55	14.3	1.24	4.00	705	948	177	9.9
All.....	1.50	12.7	1.12	3.67	693	896	165	9.3
Women:								
19-34.....	1.55	17.2	1.26	4.11	675	1,045	206	11.5
35-50.....	1.21	16.1	1.13	4.10	479	847	187	10.0
All.....	1.42	16.8	1.21	4.11	601	970	199	10.9
0 to 130% Poverty:								
Children:								
1-3.....	1.61	13.4	1.19	4.19	762	949	175	10.2
4-5.....	1.69	15.7	1.37	4.42	754	986	184	11.0
All.....	1.64	14.3	1.26	4.28	759	964	178	10.5
Women:								
19-34.....	1.50	17.2	1.24	5.63	640	1,041	203	11.1
35-50.....	1.19	15.6	1.09	3.91	489	834	184	9.9
All.....	1.39	16.6	1.19	5.01	586	967	196	10.7
All Low Income:								
Children:								
1-3.....	1.60	13.6	1.19	4.12	763	957	177	10.1
4-5.....	1.71	15.7	1.37	4.38	775	1,007	189	11.1
All.....	1.64	14.4	1.26	4.22	767	976	182	10.5
Women:								
19-34.....	1.46	17.1	1.23	5.25	635	1,037	206	11.0
35-50.....	1.20	15.8	1.08	4.65	482	844	185	9.8
All.....	1.37	16.6	1.18	5.04	582	970	199	10.6

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber
	Grams	Grams	Grams	Milligrams	Grams
0 to 75% Poverty:					
Children:					
1-3.....	22.8	20.3	8.7	275	8.4
4-5.....	24.3	22.5	10.7	262	9.9
All.....	23.4	21.2	9.5	270	9.0
Women:					
19-34.....	24.3	25.5	12.6	352	10.3
35-50.....	18.9	19.8	9.4	261	8.8
All.....	22.4	23.5	11.5	320	9.8
76 to 130% Poverty:					
Children:					
1-3.....	20.1	18.0	7.6	264	7.3
4-5.....	22.5	22.2	9.8	272	8.8
All.....	21.0	19.6	8.4	267	7.8
Women:					
19-34.....	25.4	25.3	11.8	319	10.3
35-50.....	20.2	21.1	11.2	290	9.7
All.....	23.4	23.7	11.6	308	10.1
0 to 130% Poverty:					
Children:					
1-3.....	21.6	19.3	8.2	270	7.9
4-5.....	23.6	22.4	10.3	266	9.4
All.....	22.4	20.5	9.0	269	8.5
Women:					
19-34.....	24.3	25.4	12.2	337	10.3
35-50.....	19.5	20.4	10.3	275	9.2
All.....	22.9	23.6	11.5	315	9.9
All Low Income:					
Children:					
1-3.....	21.6	19.5	8.4	274	8.0
4-5.....	23.8	22.3	10.3	271	9.6
All.....	22.5	20.6	9.1	272	8.6
Women:					
19-34.....	24.6	25.2	12.4	329	10.5
35-50.....	20.2	21.4	10.6	278	9.3
All.....	23.0	23.9	11.8	311	10.1

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households,
Spring 1985--continued

Income Level and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	<u>Retinol</u> ----- <u>Equivalents</u> -----	<u>Alpha-Tocopherol</u> <u>Equivalents</u>	<u>Micrograms</u>	----- <u>Milligrams</u> -----				
0 to 75% Poverty:								
Children:								
1-3.....	795	150	8.0	208	7.8	0.8	2,041	1,875
4-5.....	937	217	8.1	225	8.0	.9	2,260	1,888
All.....	853	177	8.1	215	7.8	.9	2,130	1,880
Women:								
19-34.....	1,057	261	7.7	200	9.4	1.1	2,550	2,003
35-50.....	664	250	6.4	179	7.4	.9	2,171	1,794
All.....	921	257	7.2	193	8.7	1.0	2,418	1,931
76 to 130% Poverty:								
Children:								
1-3.....	676	174	5.6	159	6.6	.6	1,714	1,637
4-5.....	819	271	6.0	189	7.7	.8	2,137	1,793
All.....	729	209	5.7	170	7.0	.7	1,870	1,695
Women:								
19-34.....	743	297	7.7	215	9.4	1.0	2,532	2,062
35-50.....	783	323	5.8	171	8.0	.9	2,230	1,907
All.....	758	307	7.0	198	8.9	.9	2,418	2,004
0 to 130% Poverty:								
Children:								
1-3.....	745	160	7.0	187	7.2	.8	1,901	1,773
4-5.....	891	238	7.3	211	7.9	.9	2,212	1,851
All.....	802	191	7.1	196	7.5	.8	2,023	1,804
Women:								
19-34.....	921	277	7.7	206	9.4	1.0	2,542	2,029
35-50.....	720	284	6.1	175	7.6	.9	2,198	1,847
All.....	848	279	7.1	195	8.8	1.0	2,418	1,963
All Low Income:								
Children:								
1-3.....	745	173	6.6	185	7.3	.8	1,921	1,798
4-5.....	877	242	7.1	217	8.1	.9	2,239	1,891
All.....	796	200	6.8	197	7.6	.8	2,044	1,834
Women:								
19-34.....	860	284	7.4	203	9.3	1.0	2,544	2,047
35-50.....	829	306	6.0	173	7.9	.9	2,237	1,867
All.....	849	291	6.9	192	8.8	1.0	2,437	1,984

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		Kilocalories		Grams		Grams		Grams		International Units		Milligrams		Milligrams	
0 to 75% Poverty:																
Children:																
1-3.....	295	61	1,376	1,401	55.0	55.4	55.4	57.6	168.4	169.9	3,613	3,617	80	77	1.23	1.07
4-5.....	183	61	1,555	1,527	57.5	53.4	61.9	61.4	196.5	197.2	4,663	4,159	81	85	1.39	1.12
All.....	478	122	1,444	1,464	56.0	54.4	57.9	59.5	179.1	183.6	4,015	3,889	81	81	1.29	1.09
Women:																
19-34.....	443	127	1,646	1,663	66.2	64.5	67.4	66.9	191.3	202.0	5,660	3,691	75	72	1.19	1.07
35-50.....	197	107	1,436	1,172	58.7	45.8	55.7	44.5	172.8	145.4	4,048	3,416	70	61	1.13	.80
All.....	640	234	1,582	1,439	63.9	56.0	63.8	56.7	185.6	176.2	5,164	3,566	73	67	1.17	.95
76 to 130% Poverty:																
Children:																
1-3.....	55	211	1,280	1,223	48.9	47.3	51.5	48.7	158.9	152.5	3,411	3,371	93	64	1.09	.97
4-5.....	38	117	1,645	1,410	58.5	53.2	67.0	56.1	207.3	176.8	4,493	4,482	89	84	1.18	1.15
All.....	94	328	1,429	1,290	52.8	49.4	57.8	51.3	178.7	161.2	3,853	3,768	92	71	1.13	1.04
Women:																
19-34.....	97	341	1,724	1,679	66.7	65.1	68.9	66.9	207.6	203.3	3,960	4,565	74	77	1.50	1.23
35-50.....	50	216	1,520	1,373	60.8	56.2	59.8	56.0	167.4	160.9	4,523	4,759	101	60	1.06	1.00
All.....	146	556	1,655	1,560	64.7	61.7	65.8	62.6	193.9	186.9	4,151	4,640	83	70	1.35	1.14
0 to 130% Poverty:																
Children:																
1-3.....	351	271	1,361	1,263	54.0	49.1	54.8	50.7	166.9	156.4	3,581	3,426	82	67	1.21	.99
4-5.....	221	178	1,570	1,450	57.7	53.2	62.8	57.9	198.4	183.8	4,634	4,371	83	85	1.35	1.14
All.....	571	450	1,442	1,337	55.4	50.7	57.9	53.5	179.1	167.3	3,988	3,801	82	74	1.26	1.05
Women:																
19-34.....	540	468	1,660	1,674	66.2	64.9	67.6	66.9	194.2	202.9	5,356	4,327	74	76	1.24	1.19
35-50.....	246	323	1,453	1,307	59.1	52.8	56.5	52.2	171.7	155.8	4,144	4,314	76	60	1.12	.93
All.....	786	791	1,595	1,524	64.0	60.0	64.1	60.9	187.1	183.7	4,976	4,322	75	69	1.20	1.08
All Low Income:																
Children:																
1-3.....	410	396	1,361	1,298	54.2	51.4	54.7	51.9	167.1	160.1	3,594	3,604	81	72	1.19	1.02
4-5.....	256	252	1,552	1,492	57.7	55.6	62.0	59.4	195.6	188.7	4,509	4,508	85	78	1.36	1.17
All.....	666	648	1,434	1,373	55.5	53.0	57.5	54.8	178.1	171.2	3,946	3,956	82	75	1.25	1.08
Women:																
19-34.....	630	752	1,627	1,704	65.2	65.8	66.0	67.5	190.6	208.8	5,112	4,392	73	79	1.21	1.18
35-50.....	277	461	1,442	1,366	58.9	54.9	56.6	55.9	168.9	158.8	4,077	5,156	78	64	1.12	.97
All.....	907	1,212	1,571	1,576	63.3	61.7	63.1	63.1	184.0	189.8	4,796	4,683	75	73	1.18	1.10

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams-----Micrograms-----Milligrams-----																
0 to 75% Poverty:																
Children:																
1-3.....	1.73	1.64	15.1	12.5	1.32	1.16	4.87	4.01	812	852	1,008	1,036	187	185	11.7	8.9
4-5.....	1.86	1.52	17.2	14.6	1.52	1.26	5.08	3.54	814	700	1,029	953	188	190	12.2	10.1
All.....	1.78	1.58	15.9	13.6	1.39	1.21	4.95	3.78	813	776	1,016	994	188	187	11.9	9.5
Women:																
19-34.....	1.51	1.26	17.1	17.4	1.26	1.15	7.62	3.93	620	591	1,051	995	200	208	11.0	10.4
35-50.....	1.28	.97	16.5	12.7	1.18	.83	4.54	2.30	520	457	876	726	190	168	10.8	8.0
All.....	1.44	1.13	16.9	15.3	1.23	1.00	6.67	3.19	589	530	997	872	197	190	10.9	9.3
76 to 130% Poverty:																
Children:																
1-3.....	1.59	1.43	12.7	11.4	1.17	1.01	3.82	3.39	779	662	929	848	173	154	9.7	8.7
4-5.....	1.72	1.49	14.8	14.1	1.25	1.24	4.48	3.84	852	657	1,067	909	197	171	10.3	9.8
All.....	1.64	1.45	13.6	12.4	1.20	1.09	4.09	3.55	809	660	986	870	183	160	10.0	9.1
Women:																
19-34.....	1.70	1.51	18.6	16.8	1.30	1.25	4.01	4.14	715	664	1,090	1,032	225	200	12.5	11.2
35-50.....	1.26	1.20	16.3	16.1	1.25	1.10	4.94	3.91	485	477	885	838	214	181	10.4	9.9
All.....	1.55	1.39	17.8	16.6	1.29	1.19	4.32	4.05	637	592	1,020	957	221	193	11.8	10.7
0 to 130% Poverty:																
Children:																
1-3.....	1.71	1.48	14.7	11.7	1.29	1.05	4.71	3.53	807	705	995	890	185	161	11.4	8.8
4-5.....	1.84	1.50	16.8	14.3	1.47	1.25	4.97	3.74	821	672	1,035	924	190	177	11.9	9.9
All.....	1.76	1.49	15.5	12.7	1.36	1.13	4.81	3.61	812	692	1,011	903	187	168	11.6	9.2
Women:																
19-34.....	1.54	1.44	17.4	17.0	1.26	1.22	6.97	4.09	637	644	1,058	1,022	204	202	11.2	10.9
35-50.....	1.28	1.13	16.4	15.0	1.19	1.01	4.62	3.38	513	471	877	801	194	177	10.7	9.3
All.....	1.46	1.31	17.1	16.2	1.24	1.13	6.23	3.80	598	573	1,001	932	201	192	11.1	10.3
All Low Income:																
Children:																
1-3.....	1.67	1.53	14.7	12.5	1.27	1.11	4.52	3.70	795	730	986	927	185	169	11.2	9.1
4-5.....	1.82	1.60	16.8	14.5	1.48	1.26	4.92	3.83	809	740	1,028	985	192	186	12.0	10.1
All.....	1.73	1.56	15.5	13.3	1.35	1.17	4.68	3.75	800	734	1,002	950	188	176	11.5	9.5
Women:																
19-34.....	1.49	1.43	17.0	17.1	1.23	1.22	6.46	4.23	619	648	1,033	1,040	202	209	11.0	11.0
35-50.....	1.25	1.17	16.3	15.4	1.18	1.02	4.53	4.72	496	474	862	833	191	181	10.5	9.4
All.....	1.42	1.33	16.8	16.5	1.21	1.15	5.87	4.42	581	582	981	961	199	199	10.9	10.4

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Grams----- ---Milligrams--- -----Grams-----										
0 to 75% Poverty:										
Children:										
1-3.....	22.5	24.0	20.1	21.3	8.8	8.3	274	277	8.3	8.5
4-5.....	24.5	23.9	22.5	22.4	10.6	10.9	262	264	9.3	11.4
All.....	23.3	23.9	21.1	21.8	9.5	9.6	269	270	8.7	10.0
Women:										
19-34.....	24.7	23.1	25.5	25.7	12.3	13.4	362	315	10.2	10.8
35-50.....	20.1	16.6	21.3	16.9	10.3	7.8	278	230	9.1	8.4
All.....	23.3	20.2	24.2	21.7	11.7	10.9	337	276	9.8	9.7
76 to 130% Poverty:										
Children:										
1-3.....	21.7	19.7	18.8	17.8	7.5	7.7	213	277	8.4	7.0
4-5.....	26.6	21.2	25.1	21.3	10.7	9.5	287	268	8.5	8.9
All.....	23.7	20.2	21.3	19.1	8.8	8.3	243	274	8.5	7.7
Women:										
19-34.....	25.7	25.3	26.1	25.1	12.1	11.8	328	316	11.3	10.0
35-50.....	20.7	20.1	21.9	20.9	12.6	10.9	302	288	10.7	9.5
All.....	24.0	23.3	24.6	23.5	12.3	11.4	319	305	11.1	9.8
0 to 130% Poverty:										
Children:										
1-3.....	22.4	20.6	19.9	18.6	8.6	7.8	265	277	8.4	7.3
4-5.....	24.9	22.1	23.0	21.7	10.6	10.0	266	266	9.2	9.8
All.....	23.3	21.2	21.1	19.8	9.3	8.7	265	273	8.7	8.3
Women:										
19-34.....	24.9	24.7	25.6	25.3	12.3	12.2	356	316	10.4	10.2
35-50.....	20.2	18.9	21.4	19.5	10.8	9.9	283	269	9.4	9.1
All.....	23.4	22.4	24.3	22.9	11.8	11.3	333	297	10.1	9.8
All Low Income:										
Children:										
1-3.....	22.2	20.9	20.0	19.0	8.6	8.3	261	287	8.6	7.5
4-5.....	24.5	23.1	22.7	22.0	10.5	10.1	266	276	9.3	9.8
All.....	23.1	21.8	21.0	20.1	9.3	9.0	263	283	8.9	8.4
Women:										
19-34.....	24.3	24.8	24.9	25.4	12.0	12.7	346	315	10.3	10.7
35-50.....	20.1	20.2	21.6	21.2	10.7	10.5	282	275	9.3	9.2
All.....	23.0	23.0	23.9	23.8	11.6	11.9	327	300	10.0	10.1

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Retinol		Alpha-Tocopherol														
-----Equivalents-----		Equivalents				-Micrograms--						-----Milligrams-----				
0 to 75% Poverty:																
Children:																
1-3.....	813	709	141	193	8.7	4.6	215	171	7.8	7.7	0.9	0.7	2,049	2,002	1,864	1,930
4-5.....	992	771	208	244	8.4	7.3	233	203	8.1	7.6	.9	.8	2,319	2,085	1,906	1,833
All.....	882	740	167	218	8.6	5.9	222	187	7.9	7.6	.9	.8	2,152	2,044	1,880	1,881
Women:																
19-34.....	1,189	600	260	265	7.9	6.9	204	186	9.4	9.1	1.1	1.0	2,556	2,529	1,991	2,045
35-50.....	745	514	242	264	7.6	4.2	196	149	7.9	6.3	.9	.8	2,373	1,799	1,873	1,649
All.....	1,052	561	255	265	7.8	5.6	201	169	9.0	7.8	1.0	.9	2,499	2,196	1,955	1,864
76 to 130% Poverty:																
Children:																
1-3.....	707	668	162	177	6.0	5.5	171	155	6.9	6.5	.7	.6	1,711	1,715	1,865	1,577
4-5.....	846	810	260	274	5.5	6.1	172	195	8.1	7.6	.8	.8	2,279	2,090	1,913	1,753
All.....	764	719	202	212	5.8	5.7	171	170	7.4	6.9	.7	.7	1,943	1,849	1,885	1,640
Women:																
19-34.....	641	772	279	302	6.7	8.0	205	218	9.4	9.4	1.1	.9	2,679	2,490	2,239	2,013
35-50.....	813	777	277	333	5.8	5.8	200	164	8.8	7.8	1.0	.9	2,239	2,228	2,143	1,853
All.....	699	774	278	314	6.4	7.1	203	197	9.2	8.8	1.0	.9	2,530	2,388	2,206	1,951
0 to 130% Poverty:																
Children:																
1-3.....	796	678	145	180	8.3	5.3	208	159	7.6	6.7	.8	.7	1,996	1,779	1,864	1,656
4-5.....	967	797	217	264	7.9	6.5	222	198	8.1	7.6	.9	.8	2,312	2,088	1,907	1,780
All.....	862	725	172	213	8.1	5.8	213	174	7.8	7.1	.9	.7	2,118	1,902	1,881	1,705
Women:																
19-34.....	1,091	725	264	292	7.7	7.7	204	209	9.4	9.3	1.1	1.0	2,578	2,501	2,036	2,022
35-50.....	759	690	249	310	7.2	5.3	197	159	8.1	7.3	.9	.9	2,346	2,086	1,927	1,785
All.....	987	711	259	300	7.6	6.7	202	189	9.0	8.5	1.0	.9	2,505	2,331	2,002	1,925
All Low Income:																
Children:																
1-3.....	774	714	157	189	7.8	5.3	206	162	7.6	7.0	.8	.7	2,006	1,832	1,867	1,727
4-5.....	934	819	214	271	7.9	6.3	232	202	8.2	7.9	.9	.8	2,296	2,180	1,917	1,865
All.....	836	755	179	221	7.8	5.7	216	178	7.8	7.3	.8	.7	2,118	1,968	1,886	1,781
Women:																
19-34.....	1,010	734	266	299	7.3	7.4	201	204	9.3	9.4	1.1	1.0	2,564	2,527	1,999	2,087
35-50.....	744	880	246	342	6.9	5.4	192	162	8.1	7.7	.9	.9	2,333	2,179	1,916	1,838
All.....	929	789	260	315	7.2	6.6	199	188	8.9	8.8	1.0	1.0	2,493	2,395	1,973	1,992

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985

Race and Age of Individuals (Years)	Individuals	Food Energy	Protein	Total Fat	Carbohydrate	Vitamin A	Ascorbic Acid	Thiamin
	Number	Kilocalories	-----Grams-----		International Units		-----Milligrams-----	
White:								
Children:								
1-3.....	527	1,346	52.4	53.8	167.8	3,639	78	1.10
4-5.....	312	1,589	57.9	62.9	203.2	4,265	80	1.29
All.....	839	1,436	54.4	57.2	180.9	3,872	79	1.17
Women:								
19-34.....	904	1,728	65.6	68.5	211.8	4,696	76	1.21
35-50.....	457	1,412	55.8	58.3	163.9	4,432	67	.99
All.....	1,361	1,622	62.3	65.1	195.7	4,608	73	1.14
Black:								
Children:								
1-3.....	171	1,281	53.7	51.8	152.1	3,596	68	1.18
4-5.....	95	1,398	52.8	56.4	173.0	4,972	73	1.18
All.....	265	1,323	53.4	53.5	159.6	4,088	69	1.18
Women:								
19-34.....	304	1,533	65.2	63.2	173.1	4,224	74	1.16
35-50.....	211	1,364	58.1	53.0	157.5	5,634	71	1.09
All.....	515	1,464	62.3	59.0	166.7	4,802	73	1.13
Other:								
Children:								
1-3.....	83	1,338	53.2	54.5	162.0	3,113	86	1.07
4-5.....	79	1,436	57.1	58.0	174.6	4,546	103	1.22
All.....	162	1,386	55.1	56.2	168.1	3,809	94	1.14
Women:								
19-34.....	133	1,636	67.1	66.5	192.1	6,080	85	1.17
35-50.....	53	1,488	59.0	55.4	184.5	4,535	78	1.11
All.....	187	1,594	64.8	63.3	189.9	5,638	83	1.15

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron
	-----Milligrams-----			Micrograms		-----Milligrams-----		
White:								
Children:								
1-3.....	1.67	13.4	1.20	4.24	812	987	184	10.1
4-5.....	1.78	16.0	1.41	4.36	828	1,055	198	11.2
All.....	1.71	14.3	1.28	4.28	818	1,012	189	10.5
Women:								
19-34.....	1.54	17.2	1.25	5.12	698	1,080	216	11.1
35-50.....	1.19	15.5	1.06	3.43	522	859	195	9.6
All.....	1.42	16.6	1.18	4.55	639	1,005	209	10.6
Black:								
Children:								
1-3.....	1.45	14.8	1.20	3.99	607	862	156	10.5
4-5.....	1.55	14.8	1.21	4.46	691	900	167	10.0
All.....	1.49	14.8	1.20	4.16	637	875	160	10.4
Women:								
19-34.....	1.25	16.7	1.15	4.74	489	926	172	10.5
35-50.....	1.24	16.2	1.13	7.48	410	818	159	9.9
All.....	1.25	16.5	1.14	5.86	457	882	167	10.3
Other:								
Children:								
1-3.....	1.49	13.0	1.13	3.88	734	948	178	9.9
4-5.....	1.53	15.1	1.32	4.43	610	904	171	10.9
All.....	1.51	14.0	1.22	4.15	674	926	175	10.4
Women:								
19-34.....	1.40	17.4	1.24	7.92	536	1,005	206	11.5
35-50.....	1.15	17.0	1.19	4.63	441	853	204	11.7
All.....	1.33	17.3	1.22	6.98	509	961	206	11.5

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber
	Grams	Grams	Grams	Milligrams	Grams
White:					
Children:					
1-3.....	21.9	19.5	8.5	273	8.3
4-5.....	25.0	23.1	10.5	254	10.0
All.....	23.1	20.9	9.3	266	8.9
Women:					
19-34.....	25.5	25.5	12.8	322	11.0
35-50.....	21.3	21.9	11.1	266	9.6
All.....	24.1	24.3	12.2	303	10.5
Black:					
Children:					
1-3.....	20.0	19.5	8.6	263	7.4
4-5.....	21.7	21.1	9.7	231	8.7
All.....	20.6	20.1	9.0	252	7.8
Women:					
19-34.....	22.3	24.6	11.6	339	9.0
35-50.....	18.7	20.8	9.5	310	8.2
All.....	20.8	23.1	10.7	327	8.7
Other:					
Children:					
1-3.....	22.8	19.6	8.1	298	7.7
4-5.....	21.7	21.6	10.2	385	8.4
All.....	22.3	20.6	9.1	340	8.0
Women:					
19-34.....	24.8	25.2	11.6	375	10.0
35-50.....	18.4	20.9	12.1	284	10.2
All.....	23.0	23.9	11.8	349	10.0

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985
--continued

Race and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	<u>Retinol</u> ----- <u>Equivalents</u> -----	<u>Alpha-Tocopherol</u> ----- <u>Equivalents</u> -----	<u>Micrograms</u>	----- <u>Milligrams</u> -----				
White:								
Children:								
1-3.....	774	164	6.2	181	7.2	0.8	1,918	1,866
4-5.....	848	219	6.9	217	8.2	.9	2,335	1,960
All.....	801	184	6.5	194	7.5	.8	2,073	1,901
Women:								
19-34.....	859	281	7.5	208	9.4	1.1	2,578	2,162
35-50.....	688	328	5.6	165	7.9	.9	2,184	2,007
All.....	802	297	6.9	194	8.9	1.0	2,446	2,110
Black:								
Children:								
1-3.....	718	190	8.5	196	7.7	.7	1,981	1,533
4-5.....	923	294	6.6	194	7.4	.7	2,162	1,662
All.....	791	227	7.8	195	7.6	.7	2,046	1,579
Women:								
19-34.....	763	260	7.3	183	9.0	.9	2,470	1,681
35-50.....	1,175	264	6.8	185	7.7	1.0	2,314	1,567
All.....	932	262	7.1	184	8.5	.9	2,406	1,634
Other:								
Children:								
1-3.....	603	169	6.0	185	7.2	.7	1,881	1,882
4-5.....	833	269	7.3	219	8.1	.8	1,969	1,897
All.....	715	218	6.7	202	7.6	.8	1,924	1,889
Women:								
19-34.....	1,136	349	7.1	208	9.8	1.1	2,483	2,110
35-50.....	795	289	6.6	202	8.6	1.0	2,473	1,946
All.....	1,038	332	7.0	206	9.5	1.1	2,480	2,063

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---		Kilocalories		-----Grams-----		International		-----Units-----		-----Milligrams-----						
White:																
Children:																
1-3.....	235	292	1,377	1,320	53.5	51.4	55.1	52.8	172.1	164.3	3,694	3,595	84	73	1.21	1.01
4-5.....	141	171	1,664	1,527	60.0	56.2	64.8	61.4	216.2	192.5	4,446	4,116	95	68	1.46	1.15
All.....	376	463	1,485	1,396	56.0	53.2	58.7	56.0	188.6	174.7	3,976	3,787	88	71	1.30	1.06
Women:																
19-34.....	354	550	1,643	1,783	62.9	67.3	65.7	70.3	197.9	220.8	4,974	4,517	72	78	1.21	1.21
35-50.....	139	319	1,478	1,383	57.7	54.9	59.1	57.9	176.8	158.3	3,738	4,735	73	64	1.03	.97
All.....	493	868	1,596	1,636	61.4	62.8	63.8	65.8	192.0	197.8	4,626	4,597	73	73	1.16	1.12
Black:																
Children:																
1-3.....	112	58	1,338	1,171	55.8	49.8	53.8	48.1	160.2	136.5	3,672	3,449	73	56	1.25	1.04
4-5.....	72	23	1,449	1,240	55.7	44.0	58.8	49.0	177.7	158.8	5,283	4,016	79	53	1.29	.87
All.....	184	82	1,381	1,191	55.7	48.1	55.7	48.3	167.0	142.9	4,300	3,611	76	55	1.26	.99
Women:																
19-34.....	184	119	1,578	1,466	68.9	59.5	65.8	59.2	174.3	171.3	4,496	3,814	72	78	1.23	1.06
35-50.....	105	106	1,403	1,325	61.2	55.1	53.8	52.3	156.3	158.6	4,550	6,703	79	63	1.24	.95
All.....	289	225	1,514	1,399	56.1	57.4	61.4	55.9	167.8	165.3	4,516	5,176	75	71	1.24	1.01
Other:																
Children:																
1-3.....	50	33	1,356	1,312	54.3	51.6	55.3	53.3	163.3	160.0	3,013	3,261	84	88	1.05	1.11
4-5.....	36	42	1,377	1,485	54.2	59.6	58.6	57.4	160.4	186.7	3,433	5,496	63	138	1.14	1.28
All.....	86	76	1,365	1,409	54.3	56.1	56.7	55.6	162.1	174.9	3,190	4,510	75	116	1.09	1.20
Women:																
19-34.....	73	60	1,709	1,548	69.3	64.4	70.0	62.2	199.0	183.8	8,204	3,518	86	84	1.19	1.14
35-50.....	26	27	1,423	1,549	57.4	60.5	53.6	57.0	179.9	188.8	4,242	4,815	104	53	1.15	1.07
All.....	99	88	1,634	1,548	66.2	63.2	65.7	60.6	194.0	185.4	7,159	3,922	90	74	1.18	1.12

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- --Micrograms-----Milligrams-----																
White:																
Children:																
1-3.....	1.77	1.60	14.4	12.5	1.28	1.14	4.72	3.85	861	773	1,023	957	195	175	11.2	9.2
4-5.....	1.98	1.62	18.0	14.3	1.63	1.23	5.00	3.84	880	785	1,104	1,014	211	188	13.0	9.7
All.....	1.84	1.61	15.7	13.2	1.41	1.17	4.82	3.85	868	778	1,053	978	201	180	11.9	9.4
Women:																
19-34.....	1.57	1.52	16.3	17.8	1.22	1.27	6.27	4.37	692	702	1,059	1,093	209	221	10.9	11.1
35-50.....	1.27	1.16	16.1	15.2	1.15	1.01	3.87	3.25	559	506	883	848	207	190	10.2	9.3
All.....	1.48	1.39	16.2	16.8	1.20	1.18	5.60	3.96	655	630	1,009	1,003	209	209	10.7	10.5
Black:																
Children:																
1-3.....	1.58	1.21	16.4	11.7	1.35	.91	4.35	3.30	648	527	908	772	169	131	12.1	7.6
4-5.....	1.68	1.16	16.0	11.1	1.32	.86	5.01	2.76	723	595	948	754	175	142	10.6	8.2
All.....	1.62	1.20	16.3	11.5	1.34	.90	4.61	3.14	677	546	923	767	171	134	11.5	7.8
Women:																
19-34.....	1.36	1.09	18.1	14.5	1.26	.98	5.41	3.70	508	460	985	834	183	155	11.2	9.5
35-50.....	1.28	1.21	17.1	15.4	1.24	1.03	5.82	9.11	414	406	837	800	166	153	11.0	8.9
All.....	1.33	1.15	17.7	14.9	1.25	1.00	5.56	6.25	474	435	932	818	177	154	11.2	9.2
Other:																
Children:																
1-3.....	1.52	1.45	12.8	13.3	1.14	1.12	4.19	3.42	798	639	994	880	181	174	9.4	10.6
4-5.....	1.57	1.50	14.6	15.6	1.24	1.39	4.78	4.13	678	552	908	900	157	183	11.0	10.8
All.....	1.54	1.48	13.5	14.6	1.18	1.27	4.44	3.81	748	590	957	891	171	179	10.1	10.7
Women:																
19-34.....	1.55	1.22	18.6	16.1	1.29	1.18	11.06	4.15	577	486	1,073	922	218	192	11.5	11.4
35-50.....	1.13	1.17	15.5	18.4	1.18	1.20	3.30	5.89	472	412	845	860	208	200	10.8	12.5
All.....	1.44	1.21	17.8	16.8	1.26	1.18	9.01	4.69	549	463	1,013	903	215	194	11.4	11.7

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status,
Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Grams-----					---Milligrams---		-----Grams-----		
White:										
Children:										
1-3.....	22.7	21.2	20.0	19.2	8.4	8.6	255	287	9.1	7.7
4-5.....	25.6	24.5	23.6	22.6	11.0	10.1	253	255	10.4	9.6
All.....	23.8	22.4	21.4	20.4	9.4	9.1	254	275	9.6	8.4
Women:										
19-34.....	24.6	26.1	24.4	26.2	12.0	13.3	342	308	10.5	11.3
35-50.....	21.6	21.1	22.1	21.8	11.2	11.0	269	265	9.7	9.6
All.....	23.7	24.2	23.8	24.6	11.8	12.4	321	293	10.3	10.7
Black:										
Children:										
1-3.....	20.6	18.9	19.9	18.7	9.4	7.0	249	289	8.1	6.0
4-5.....	22.5	19.1	21.8	19.0	10.4	7.5	250	171	8.6	9.0
All.....	21.3	18.9	20.7	18.8	9.8	7.1	250	256	8.3	6.9
Women:										
19-34.....	23.4	20.7	25.6	23.1	11.9	11.1	343	333	9.7	7.8
35-50.....	18.5	18.9	21.2	20.4	10.0	8.9	303	317	8.5	8.0
All.....	21.6	19.9	24.0	21.9	11.2	10.1	328	326	9.2	7.9
Other:										
Children:										
1-3.....	23.2	22.2	19.9	19.2	8.2	8.0	305	289	7.6	7.8
4-5.....	23.6	20.2	21.6	21.6	9.0	11.3	360	407	6.7	9.9
All.....	23.3	21.1	20.6	20.5	8.5	9.8	328	355	7.2	9.0
Women:										
19-34.....	26.4	22.9	26.5	23.6	12.0	11.2	392	355	10.7	9.1
35-50.....	18.3	18.6	20.1	21.6	11.2	13.1	307	262	10.7	9.7
All.....	24.3	21.6	24.8	23.0	11.8	11.8	369	326	10.7	9.3

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households
Spring 1985--continued

Race of Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Retinol -----Equivalents-----				Alpha-Tocopherol Equivalents		Micrograms		-----Milligrams-----							
White:																
Children:																
1-3.....	809	745	153	173	7.1	5.5	202	164	7.4	6.9	0.9	0.7	1,982	1,866	1,978	1,775
4-5.....	951	764	194	240	8.3	5.7	257	184	8.7	7.8	1.0	.8	2,452	2,239	2,125	1,825
All.....	862	752	168	198	7.6	5.6	222	171	7.9	7.2	.9	.7	2,158	2,003	2,033	1,794
Women:																
19-34.....	991	774	254	298	7.2	7.7	207	208	9.0	9.6	1.1	1.0	2,544	2,600	2,099	2,203
35-50.....	654	704	240	366	5.9	5.5	174	161	8.4	7.7	.9	.9	2,194	2,180	2,125	1,955
All.....	896	748	250	323	6.8	6.9	198	191	8.8	8.9	1.0	1.0	2,445	2,446	2,106	2,112
Black:																
Children:																
1-3.....	797	567	162	242	10.7	4.3	233	126	8.2	6.7	.7	.6	2,070	1,809	1,618	1,368
4-5.....	1,021	622	293	297	7.3	4.4	205	160	7.7	6.4	.8	.7	2,196	2,061	1,737	1,432
All.....	884	582	213	258	9.4	4.3	222	135	8.0	6.6	.8	.6	2,119	1,881	1,664	1,386
Women:																
19-34.....	883	579	243	287	8.2	6.0	194	168	9.7	8.0	1.0	.8	2,563	2,327	1,758	1,563
35-50.....	919	1,427	232	297	8.2	5.4	212	158	7.9	7.5	.9	1.0	2,465	2,165	1,591	1,542
All.....	896	979	239	292	8.2	5.7	200	163	9.0	7.8	1.0	.9	2,527	2,251	1,698	1,553
Other:																
Children:																
1-3.....	587	628	162	178	5.7	6.5	174	201	7.2	7.3	.8	.7	2,006	1,696	1,968	1,754
4-5.....	731	921	150	371	8.3	6.5	183	250	7.4	8.6	.6	1.0	1,936	1,997	1,563	2,183
All.....	647	792	157	286	6.8	6.5	178	229	7.3	8.0	.7	.8	1,976	1,864	1,797	1,994
Women:																
19-34.....	1,603	572	430	251	6.5	7.8	202	215	10.0	9.7	1.3	.9	2,660	2,270	2,201	2,000
35-50.....	610	971	335	245	7.5	5.8	224	181	7.4	9.8	.9	1.0	2,379	2,564	2,179	1,725
All.....	1,341	697	405	249	6.7	7.2	208	204	9.3	9.7	1.2	1.0	2,586	2,361	2,195	1,914

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985

Urbanization and Age of Individuals (Years)	Individuals	Food Energy	Protein	Total Fat	Carbohydrate	Vitamin A	Ascorbic Acid	Thiamin
	Number	Kilocalories	Grams	Grams	Grams	International Units	Milligrams	Milligrams
Central Cities:								
Children:								
1-3.....	277	1,345	57.0	54.1	160.5	3,731	72	1.16
4-5.....	176	1,405	54.4	56.3	173.4	4,345	74	1.18
All.....	454	1,369	56.0	55.0	165.5	3,970	73	1.17
Women:								
19-34.....	534	1,637	67.4	67.7	187.6	4,731	75	1.20
35-50.....	261	1,456	59.8	58.2	164.7	5,160	86	1.08
All.....	795	1,577	64.9	64.6	180.1	4,872	79	1.16
Suburban Areas:								
Children:								
1-3.....	282	1,272	48.1	49.0	164.1	3,281	79	1.07
4-5.....	195	1,605	58.6	63.5	205.5	4,529	93	1.37
All.....	477	1,408	52.4	54.9	181.0	3,791	85	1.19
Women:								
19-34.....	458	1,695	64.9	63.7	216.0	4,647	84	1.19
35-50.....	261	1,270	51.2	50.8	150.6	5,000	51	.88
All.....	719	1,540	59.9	59.0	192.3	4,776	72	1.08
Nonmetropolitan Areas:								
Children:								
1-3.....	246	1,379	53.4	57.3	166.8	3,814	79	1.09
4-5.....	137	1,556	56.7	62.4	197.3	4,689	76	1.22
All.....	384	1,443	54.6	59.1	177.7	4,127	78	1.14
Women:								
19-34.....	391	1,683	63.7	69.3	199.9	4,786	69	1.19
35-50.....	215	1,473	58.6	60.1	174.5	3,954	71	1.13
All.....	606	1,608	61.9	66.0	190.9	4,491	70	1.17

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron
	-----Milligrams-----		Micrograms		-----Milligrams-----			
Central Cities:								
Children:								
1-3.....	1.65	14.2	1.22	4.05	786	999	185	10.8
4-5.....	1.58	14.7	1.23	4.32	718	937	172	10.6
ALL.....	1.62	14.4	1.23	4.16	760	975	180	10.7
Women:								
19-34.....	1.44	17.4	1.25	5.20	626	1,050	204	11.0
35-50.....	1.20	16.5	1.17	4.47	470	853	190	10.5
ALL.....	1.36	17.1	1.22	4.96	575	985	199	10.8
Suburban Areas:								
Children:								
1-3.....	1.51	13.1	1.18	3.95	707	889	168	9.8
4-5.....	1.85	16.3	1.53	4.23	842	1,074	203	11.6
ALL.....	1.65	14.4	1.32	4.07	762	964	182	10.5
Women:								
19-34.....	1.43	16.9	1.23	5.01	626	1,034	210	11.2
35-50.....	1.16	15.0	.97	5.65	466	795	177	9.0
ALL.....	1.33	16.2	1.14	5.24	568	947	198	10.4
Nonmetropolitan Areas:								
Children:								
1-3.....	1.66	13.4	1.18	4.39	800	988	180	9.8
4-5.....	1.67	15.9	1.33	4.68	751	1,002	189	10.9
ALL.....	1.66	14.3	1.23	4.50	783	993	183	10.2
Women:								
19-34.....	1.50	16.9	1.19	5.59	657	1,023	202	10.8
35-50.....	1.25	15.8	1.11	3.65	517	891	189	10.1
ALL.....	1.41	16.5	1.16	4.90	607	976	198	10.6

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization,
Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber
	Grams	Grams	Grams	Milligrams	Grams
Central Cities:					
Children:					
1-3.....	21.4	20.0	8.8	291	8.0
4-5.....	21.3	21.0	10.0	251	8.1
All.....	21.4	20.4	9.2	275	8.0
Women:					
19-34.....	24.4	25.8	12.8	332	10.2
35-50.....	20.5	22.4	11.1	280	9.5
All.....	23.1	24.7	12.2	315	10.0
Suburban Areas:					
Children:					
1-3.....	19.9	17.8	7.8	245	7.9
4-5.....	25.6	23.1	10.3	285	10.7
All.....	22.2	20.0	8.8	262	9.1
Women:					
19-34.....	23.3	23.9	11.9	336	11.0
35-50.....	18.4	18.9	10.0	255	8.6
All.....	21.5	22.1	11.2	307	10.1
Nonmetropolitan Areas:					
Children:					
1-3.....	23.7	20.9	8.7	287	8.2
4-5.....	24.5	22.9	10.6	276	9.9
All.....	24.0	21.6	9.4	283	8.8
Women:					
19-34.....	26.3	25.9	12.4	317	10.2
35-50.....	21.9	23.2	10.8	303	9.9
All.....	24.7	24.9	11.8	312	10.1

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households,
Spring 1985--continued

Urbanization and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	<u>Retinol</u>		<u>Alpha-Tocopherol</u>					
	<u>-----Equivalents-----</u>		<u>Equivalents</u>	<u>Micrograms</u>		<u>-----Milligrams-----</u>		
Central Cities:								
Children:								
1-3.....	740	196	7.3	187	7.8	0.7	2,015	1,801
4-5.....	833	244	7.1	196	7.5	.7	2,144	1,696
All.....	776	215	7.2	190	7.7	.7	2,065	1,760
Women:								
19-34.....	870	282	7.5	200	9.6	1.0	2,586	1,968
35-50.....	847	357	6.9	188	8.0	.9	2,327	1,848
All.....	862	306	7.3	196	9.1	1.0	2,501	1,929
Suburban Areas:								
Children:								
1-3.....	717	140	6.3	190	6.9	.8	1,777	1,716
4-5.....	900	232	7.3	245	8.6	1.0	2,285	2,079
All.....	792	178	6.7	212	7.6	.9	1,985	1,864
Women:								
19-34.....	806	297	7.3	216	9.4	1.0	2,554	2,117
35-50.....	948	282	5.3	155	7.3	.9	2,070	1,789
All.....	858	292	6.6	194	8.6	1.0	2,378	1,998
Nonmetropolitan Areas:								
Children:								
1-3.....	783	185	6.2	177	7.2	.7	1,978	1,889
4-5.....	901	255	6.8	205	8.0	.8	2,295	1,875
All.....	825	210	6.4	187	7.5	.8	2,092	1,884
Women:								
19-34.....	909	271	7.3	192	8.9	1.0	2,475	2,072
35-50.....	661	272	5.7	177	8.4	.9	2,330	1,985
All.....	821	272	6.7	187	8.7	1.0	2,423	2,041

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
International																		
---Number---		Kilocalories		-----Grams-----								---Units---		-----Milligrams-----				
Central Cities:																		
Children:																		
1-3.....	181	97	1,339	1,356	56.7	57.7	53.2	55.9	161.6	158.6	3,620	3,938	74	68	1.18	1.11		
4-5.....	112	64	1,483	1,269	57.7	48.6	59.0	51.6	183.8	155.0	4,819	3,511	75	72	1.28	.99		
All.....	293	160	1,394	1,322	57.1	54.1	55.4	54.2	170.1	157.1	4,080	3,768	74	69	1.22	1.06		
Women:																		
19-34.....	287	247	1,625	1,651	68.8	65.8	67.4	68.1	183.2	192.8	5,089	4,322	75	75	1.20	1.19		
35-50.....	126	135	1,437	1,473	60.0	59.6	56.8	59.6	162.1	167.1	4,961	5,345	93	80	1.13	1.03		
All.....	413	381	1,567	1,588	66.1	63.6	64.2	65.1	176.7	183.7	5,050	4,684	81	77	1.18	1.13		
Suburban Areas:																		
Children:																		
1-3.....	135	147	1,321	1,226	49.0	47.3	52.0	46.3	169.5	159.1	3,638	2,953	82	78	1.21	.94		
4-5.....	85	110	1,628	1,586	58.4	58.8	65.6	61.9	207.1	204.3	3,730	5,145	95	91	1.49	1.28		
All.....	220	257	1,440	1,380	52.6	52.2	57.2	53.0	184.0	178.5	3,674	3,891	87	83	1.32	1.09		
Women:																		
19-34.....	194	264	1,632	1,741	61.4	67.5	64.6	63.1	199.8	227.9	4,398	4,830	81	86	1.20	1.19		
35-50.....	70	192	1,457	1,201	57.1	49.1	57.7	48.3	173.2	142.4	3,493	5,549	58	48	1.05	.82		
All.....	263	456	1,586	1,514	60.3	59.7	62.7	56.9	192.8	192.0	4,158	5,133	75	70	1.16	1.03		
Nonmetropolitan Areas:																		
Children:																		
1-3.....	94	152	1,458	1,330	56.8	51.4	61.3	54.9	174.4	162.1	3,481	4,021	94	70	1.17	1.04		
4-5.....	59	78	1,576	1,542	56.5	56.8	62.7	62.1	201.6	194.1	5,041	4,424	89	67	1.30	1.17		
All.....	153	231	1,503	1,402	56.6	53.2	61.9	57.3	184.8	173.0	4,081	4,158	92	69	1.22	1.09		
Women:																		
19-34.....	149	241	1,626	1,718	63.3	64.0	65.2	71.8	193.1	204.1	6,079	3,986	61	74	1.24	1.16		
35-50.....	81	134	1,438	1,494	58.9	58.5	55.3	63.0	175.9	173.7	3,209	4,405	73	70	1.16	1.11		
All.....	231	375	1,560	1,638	61.8	62.0	61.7	68.7	187.0	193.2	5,069	4,135	65	73	1.21	1.14		

Table 2.38.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- --Micrograms-----Milligrams-----																
Central Cities:																
Children:																
1-3.....	1.62	1.71	14.9	12.9	1.23	1.22	4.12	3.91	753	848	979	1,037	185	186	11.7	9.3
4-5.....	1.72	1.34	16.4	11.9	1.36	.99	4.93	3.25	759	646	991	842	185	149	11.6	8.8
All.....	1.66	1.56	15.5	12.5	1.28	1.13	4.43	3.65	755	768	984	960	185	171	11.6	9.1
Women:																
19-34.....	1.43	1.45	17.7	17.1	1.27	1.22	6.26	3.96	592	665	1,056	1,043	202	207	11.3	10.6
35-50.....	1.28	1.13	16.9	16.1	1.26	1.09	5.51	3.49	464	475	853	854	192	187	11.2	9.8
All.....	1.39	1.34	17.4	16.7	1.27	1.17	6.03	3.80	553	598	994	976	199	200	11.2	10.3
Suburban Areas:																
Children:																
1-3.....	1.72	1.31	14.5	11.9	1.32	1.05	4.91	3.08	791	630	940	841	174	162	11.1	8.6
4-5.....	2.01	1.73	17.1	15.8	1.65	1.43	4.78	3.80	910	790	1,106	1,049	200	204	12.3	11.1
All.....	1.84	1.49	15.5	13.6	1.45	1.21	4.86	3.39	837	698	1,004	930	184	180	11.6	9.6
Women:																
19-34.....	1.44	1.43	15.5	18.0	1.17	1.28	5.40	4.72	637	618	1,015	1,048	201	217	10.4	11.8
35-50.....	1.20	1.14	16.2	14.6	1.10	.92	3.79	6.33	516	448	868	769	196	170	9.8	8.7
All.....	1.38	1.31	15.7	16.6	1.15	1.13	4.98	5.39	605	546	976	931	200	197	10.2	10.5
Nonmetropolitan Areas:																
Children:																
1-3.....	1.70	1.63	14.4	12.8	1.30	1.11	4.74	4.17	879	751	1,064	941	202	166	10.3	9.4
4-5.....	1.75	1.62	17.2	14.9	1.46	1.23	5.12	4.35	757	747	987	1,013	190	189	12.3	9.9
All.....	1.72	1.62	15.4	13.5	1.36	1.15	4.89	4.24	832	750	1,034	965	197	174	11.1	9.6
Women:																
19-34.....	1.65	1.41	17.8	16.3	1.23	1.16	8.21	3.97	649	662	1,013	1,029	202	203	11.5	10.4
35-50.....	1.25	1.25	15.5	16.0	1.12	1.10	3.64	3.66	527	510	871	903	186	191	10.1	10.1
All.....	1.51	1.35	17.0	16.2	1.19	1.14	6.60	3.86	606	608	963	984	196	199	11.0	10.3

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:
-----Grams----- -Milligrams-- ----Grams----										
Central Cities:										
Children:										
1-3.....	20.8	22.5	19.6	20.7	8.8	8.7	267	335	8.2	7.5
4-5.....	22.8	18.8	21.7	19.9	10.3	9.4	247	257	8.9	6.6
All.....	21.6	21.1	20.4	20.4	9.4	9.0	259	304	8.5	7.2
Women:										
19-34.....	24.2	24.6	25.6	26.0	12.7	12.7	350	312	10.2	10.3
35-50.....	19.7	21.2	21.6	23.2	11.3	10.9	277	283	9.8	9.2
All.....	22.8	23.4	24.3	25.0	12.3	12.1	328	302	10.1	9.9
Suburban Areas:										
Children:										
1-3.....	21.8	18.2	18.9	16.8	7.6	8.0	263	229	8.4	7.5
4-5.....	27.1	24.4	23.9	22.5	10.0	10.6	302	272	9.3	11.8
All.....	23.9	20.9	20.8	19.2	8.5	9.1	279	247	8.7	9.4
Women:										
19-34.....	23.8	22.9	24.6	23.4	11.3	12.4	362	317	10.4	11.5
35-50.....	20.9	17.5	21.8	17.8	10.9	9.6	284	245	9.2	8.3
All.....	23.1	20.6	23.8	21.0	11.2	11.2	342	287	10.1	10.2
Nonmetropolitan Areas:										
Children:										
1-3.....	25.5	22.6	22.2	20.0	9.5	8.3	245	313	9.5	7.4
4-5.....	24.0	24.8	23.0	22.9	11.4	10.1	248	296	10.1	9.7
All.....	25.0	23.4	22.5	21.0	10.2	8.9	246	307	9.8	8.1
Women:										
19-34.....	25.0	27.0	24.2	26.9	11.4	13.0	319	316	10.2	10.2
35-50.....	20.1	23.0	21.5	24.2	9.7	11.5	290	311	8.7	10.6
All.....	23.3	25.6	23.3	25.9	10.8	12.5	309	315	9.7	10.3

Table 2.38.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Retinol----- -----Equivalents-----																
-----Alpha-Tocopherol----- -----Equivalents-----																
-----Micrograms-----																
-----Milligrams-----																
Central Cities:																
Children:																
1-3.....	726	765	187	215	8.4	5.1	199	164	7.9	7.7	0.8	0.7	2,078	1,898	1,763	1,873
4-5.....	933	658	264	208	7.5	6.5	208	173	8.0	6.6	.8	.6	2,297	1,875	1,798	1,517
All.....	806	722	216	212	8.1	5.7	202	168	8.0	7.2	.8	.7	2,162	1,889	1,776	1,732
Women:																
19-34.....	996	724	274	292	7.9	7.1	193	207	9.8	9.4	1.1	1.0	2,675	2,484	1,962	1,975
35-50.....	938	762	281	427	8.1	5.7	207	170	7.9	8.1	1.0	.9	2,322	2,332	1,886	1,813
All.....	978	738	276	340	8.0	6.6	198	194	9.2	9.0	1.0	.9	2,567	2,430	1,939	1,918
Suburban Areas:																
Children:																
1-3.....	852	593	124	154	8.1	4.7	223	159	7.2	6.6	.9	.7	1,887	1,676	1,792	1,647
4-5.....	901	899	112	325	8.2	6.6	260	233	8.6	8.6	1.1	.9	2,293	2,279	2,046	2,104
All.....	871	724	119	227	8.1	5.5	237	191	7.7	7.4	1.0	.8	2,044	1,934	1,890	1,843
Women:																
19-34.....	807	806	257	326	7.2	7.4	214	217	8.7	9.9	1.0	1.1	2,570	2,542	2,044	2,171
35-50.....	631	1,063	213	307	6.5	4.8	167	151	7.8	7.2	.9	.9	2,300	1,986	1,949	1,730
All.....	760	914	245	318	7.0	6.3	202	189	8.5	8.7	1.0	1.0	2,499	2,308	2,019	1,985
Nonmetropolitan Areas:																
Children:																
1-3.....	756	800	147	208	6.4	6.0	197	164	7.6	6.9	.8	.7	2,038	1,941	2,177	1,712
4-5.....	982	839	265	248	8.1	5.9	236	182	8.0	8.0	.8	.8	2,299	2,291	1,957	1,813
All.....	843	813	192	222	7.1	6.0	212	171	7.8	7.3	.8	.7	2,138	2,060	2,092	1,746
Women:																
19-34.....	1,302	667	265	275	6.5	7.7	201	186	9.0	8.9	1.1	.9	2,343	2,556	2,010	2,110
35-50.....	540	735	220	304	5.4	5.9	190	169	8.6	8.2	.9	1.0	2,378	2,301	1,936	2,016
All.....	1,034	691	249	285	6.1	7.1	197	180	8.9	8.7	1.0	.9	2,356	2,465	1,984	2,076

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985

Region and Age of Individuals (Years)	Individuals	Food Energy	Protein	Total Fat	Carbohydrate	Vitamin A	Ascorbic Acid	Thiamin
	Number	Kilocalories	Grams		International Units		Milligrams	
Northeast:								
Children:								
1-3.....	191	1,423	55.9	55.5	179.7	3,723	101	1.32
4-5.....	120	1,612	58.7	61.9	209.9	5,048	106	1.46
All.....	310	1,496	57.0	58.0	191.3	4,234	103	1.37
Women:								
19-34.....	324	1,666	67.1	67.4	196.0	5,138	87	1.23
35-50.....	205	1,375	57.2	54.5	162.5	4,848	74	1.03
All.....	530	1,553	63.2	62.4	183.0	5,026	82	1.15
Midwest:								
Children:								
1-3.....	163	1,350	53.4	55.2	164.1	3,140	75	1.08
4-5.....	90	1,607	58.5	65.3	201.2	4,398	82	1.26
All.....	253	1,441	55.2	58.8	177.2	3,586	77	1.14
Women:								
19-34.....	299	1,609	66.4	66.2	183.6	4,122	61	1.14
35-50.....	178	1,429	54.1	58.0	166.2	4,509	70	1.03
All.....	477	1,542	61.8	63.1	177.2	4,266	64	1.10
South:								
Children:								
1-3.....	284	1,248	49.0	49.8	154.1	3,669	64	1.02
4-5.....	179	1,494	55.2	59.7	188.5	4,587	70	1.15
All.....	463	1,344	51.4	53.7	167.4	4,025	67	1.07
Women:								
19-34.....	469	1,705	63.8	64.1	217.9	4,453	73	1.20
35-50.....	264	1,368	55.7	54.6	162.6	4,835	66	.98
All.....	733	1,583	60.9	60.7	198.0	4,590	70	1.12
West:								
Children:								
1-3.....	168	1,341	55.2	54.9	161.2	3,784	72	1.04
4-5.....	120	1,413	55.3	57.6	173.3	3,936	74	1.24
All.....	288	1,371	55.2	56.0	166.3	3,847	73	1.13
Women:								
19-34.....	289	1,676	65.8	71.5	194.7	5,300	86	1.20
35-50.....	91	1,451	61.3	60.9	155.5	4,763	68	1.10
All.....	380	1,622	64.7	68.9	185.3	5,171	82	1.18

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron
	-----Milligrams-----		Micrograms		-----Milligrams-----			
Northeast:								
Children:								
1-3.....	1.90	16.1	1.48	4.51	890	1,055	193	12.1
4-5.....	1.94	17.1	1.59	4.72	853	1,076	203	12.3
All.....	1.91	16.5	1.52	4.59	876	1,063	197	12.2
Women:								
19-34.....	1.53	17.8	1.28	6.15	673	1,068	214	11.6
35-50.....	1.22	16.5	1.10	4.11	502	850	192	10.4
All.....	1.41	17.3	1.21	5.36	606	984	206	11.1
Midwest:								
Children:								
1-3.....	1.60	13.3	1.16	4.42	757	969	179	10.1
4-5.....	1.83	15.7	1.39	5.29	864	1,065	192	10.6
All.....	1.68	14.2	1.24	4.73	795	1,003	183	10.3
Women:								
19-34.....	1.46	17.2	1.16	5.87	626	1,034	206	10.3
35-50.....	1.18	15.4	1.05	3.31	513	848	193	9.7
All.....	1.35	16.5	1.12	4.92	584	965	201	10.1
South:								
Children:								
1-3.....	1.37	12.3	1.02	3.48	637	846	157	9.0
4-5.....	1.51	15.0	1.23	3.80	683	943	180	10.1
All.....	1.42	13.4	1.10	3.60	655	884	166	9.4
Women:								
19-34.....	1.37	16.4	1.19	4.48	583	990	192	10.6
35-50.....	1.16	15.0	1.03	6.11	425	808	167	9.1
All.....	1.30	15.9	1.13	5.07	526	925	183	10.1
West:								
Children:								
1-3.....	1.66	13.0	1.19	4.48	837	1,022	193	9.9
4-5.....	1.70	15.2	1.34	4.25	766	991	184	11.6
All.....	1.68	13.9	1.26	4.38	807	1,009	189	10.6
Women:								
19-34.....	1.51	17.3	1.29	4.83	686	1,080	218	11.7
35-50.....	1.31	17.0	1.23	4.23	543	927	207	10.9
All.....	1.46	17.2	1.27	4.69	652	1,043	215	11.5

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber
	Grams	Grams	Grams	Milligrams	Grams
Northeast:					
Children:					
1-3.....	23.6	19.4	8.6	258	8.2
4-5.....	24.8	22.4	10.3	282	9.7
All.....	24.0	20.6	9.2	267	8.8
Women:					
19-34.....	25.0	24.9	12.6	341	10.2
35-50.....	20.2	20.2	10.2	259	9.2
All.....	23.1	23.1	11.7	309	9.8
Midwest:					
Children:					
1-3.....	21.8	20.5	8.9	281	8.1
4-5.....	25.5	24.0	11.4	239	9.0
All.....	23.1	21.7	9.8	267	8.4
Women:					
19-34.....	24.7	24.8	12.0	320	9.8
35-50.....	21.1	22.1	10.8	227	10.1
All.....	23.3	23.8	11.5	285	10.0
South:					
Children:					
1-3.....	19.9	18.5	7.9	262	7.4
4-5.....	23.4	22.2	10.0	263	9.4
All.....	21.2	20.0	8.7	262	8.2
Women:					
19-34.....	23.2	24.4	12.0	318	10.3
35-50.....	18.8	21.0	10.8	316	8.4
All.....	21.6	23.2	11.5	317	9.6
West:					
Children:					
1-3.....	22.1	20.1	8.8	304	8.8
4-5.....	22.3	21.2	9.9	294	10.1
All.....	22.2	20.6	9.2	300	9.3
Women:					
19-34.....	26.2	27.1	13.2	346	11.7
35-50.....	22.3	23.9	10.6	308	10.2
All.....	25.2	26.3	12.6	336	11.4

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985
--continued

Region and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	Retinol -----Equivalents-----	Alpha-Tocopherol Equivalents	Micrograms	-----Milligrams-----				
Northeast:								
Children:								
1-3.....	833	146	9.3	225	7.7	0.9	2,045	2,067
4-5.....	1,017	252	7.6	259	8.6	1.1	2,489	2,144
All.....	904	187	8.7	238	8.1	.9	2,216	2,097
Women:								
19-34.....	977	288	7.6	205	9.4	1.1	2,668	2,160
35-50.....	797	336	5.8	169	7.8	1.0	2,270	1,929
All.....	907	306	6.9	191	8.8	1.0	2,514	2,070
Midwest:								
Children:								
1-3.....	734	111	5.6	176	7.4	.7	2,002	1,775
4-5.....	973	183	6.2	195	7.9	.8	2,403	1,907
All.....	819	136	5.8	183	7.6	.8	2,145	1,822
Women:								
19-34.....	845	200	6.1	179	9.6	1.1	2,443	2,060
35-50.....	706	329	5.2	180	7.6	.9	2,217	1,944
All.....	793	248	5.8	180	8.9	1.0	2,359	2,017
South:								
Children:								
1-3.....	690	210	5.5	164	6.7	.7	1,885	1,580
4-5.....	804	289	6.7	199	7.8	.8	2,129	1,748
All.....	734	241	6.0	177	7.1	.7	1,979	1,645
Women:								
19-34.....	782	281	7.2	203	9.0	1.0	2,519	1,908
35-50.....	961	253	5.6	160	7.6	.9	2,231	1,734
All.....	847	271	6.6	187	8.5	1.0	2,416	1,845
West:								
Children:								
1-3.....	748	201	6.4	182	7.7	.7	1,761	1,885
4-5.....	774	208	7.9	220	8.0	.7	2,029	1,841
All.....	759	204	7.0	198	7.8	.7	1,873	1,867
Women:								
19-34.....	869	371	8.8	223	9.4	1.0	2,550	2,131
35-50.....	755	347	8.9	210	9.2	.9	2,217	1,964
All.....	842	365	8.8	220	9.4	1.0	2,471	2,091

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	Number		Kilocalories				Grams				International Units		Milligrams			
Northeast:																
Children:																
1-3.....	115	76	1,487	1,328	58.8	51.6	58.4	51.2	186.4	169.6	3,807	3,597	109	90	1.42	1.17
4-5.....	69	51	1,662	1,545	61.6	54.9	66.7	55.4	208.2	212.1	4,470	5,823	110	100	1.56	1.32
All.....	183	127	1,552	1,415	59.8	52.9	61.5	52.9	194.5	186.7	4,055	4,493	109	94	1.47	1.23
Women:																
19-34.....	161	163	1,657	1,675	67.4	66.7	67.5	67.2	190.0	201.8	5,675	4,609	85	89	1.23	1.24
35-50.....	86	120	1,431	1,336	60.3	54.9	55.3	53.9	168.3	158.3	4,998	4,741	68	78	1.05	1.02
All.....	247	283	1,578	1,532	64.9	61.7	63.3	61.6	182.5	183.4	5,440	4,665	79	85	1.17	1.14
Midwest:																
Children:																
1-3.....	85	79	1,531	1,155	61.1	45.1	63.1	46.7	184.2	142.3	3,427	2,830	87	62	1.28	.87
4-5.....	47	43	1,692	1,514	61.3	55.4	67.2	63.3	215.8	185.1	5,574	3,112	89	73	1.35	1.15
All.....	132	121	1,588	1,282	61.2	48.7	64.5	52.5	195.5	157.4	4,191	2,930	88	66	1.30	.97
Women:																
19-34.....	162	137	1,591	1,632	66.0	67.0	65.9	66.5	182.3	185.4	4,814	3,311	60	63	1.21	1.05
35-50.....	68	109	1,417	1,437	54.5	53.8	54.8	59.9	162.5	168.5	3,281	5,275	94	54	1.10	.98
All.....	230	246	1,540	1,545	62.6	61.1	62.6	63.6	176.4	177.9	4,360	4,184	70	59	1.18	1.02
South:																
Children:																
1-3.....	113	171	1,225	1,264	47.8	49.7	49.5	50.0	149.9	156.9	4,042	3,422	64	64	1.06	1.00
4-5.....	78	101	1,450	1,528	52.3	57.5	57.2	61.6	185.5	190.7	4,411	4,722	75	66	1.21	1.11
All.....	191	272	1,317	1,362	49.6	52.6	52.7	54.3	164.5	169.5	4,193	3,906	69	65	1.12	1.04
Women:																
19-34.....	172	297	1,643	1,741	62.3	64.6	63.0	64.7	203.5	226.3	4,979	4,148	75	72	1.23	1.18
35-50.....	81	183	1,501	1,309	62.1	52.9	59.2	52.5	176.1	156.6	3,283	5,520	74	62	1.12	.92
All.....	253	480	1,597	1,576	62.2	60.1	61.8	60.1	194.7	199.7	4,437	4,671	74	68	1.20	1.08
West:																
Children:																
1-3.....	97	71	1,222	1,505	50.2	62.0	48.9	63.1	149.5	177.4	2,968	4,903	63	85	.99	1.11
4-5.....	63	57	1,456	1,366	57.3	53.1	58.9	56.1	179.3	166.8	3,880	3,997	65	85	1.32	1.16
All.....	160	128	1,313	1,443	53.0	58.0	52.8	60.0	161.1	172.6	3,325	4,499	64	85	1.12	1.13
Women:																
19-34.....	135	155	1,615	1,729	65.5	66.1	68.3	74.3	185.0	203.1	4,966	5,590	76	96	1.17	1.23
35-50.....	42	48	1,396	1,500	56.9	65.1	57.0	64.2	166.7	145.7	5,015	4,543	82	55	1.26	.97
All.....	177	203	1,563	1,675	63.5	65.8	65.6	71.9	180.7	189.4	4,978	5,340	77	86	1.19	1.16

Table 2.48.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- --Micrograms-----Milligrams-----																
Northeast:																
Children:																
1-3.....	2.06	1.66	17.2	14.5	1.59	1.31	5.05	3.69	977	758	1,130	941	206	174	12.9	11.0
4-5.....	2.07	1.76	18.7	15.0	1.73	1.41	5.72	3.39	872	827	1,110	1,030	205	201	12.7	11.7
All.....	2.06	1.70	17.8	14.7	1.64	1.35	5.30	3.57	938	786	1,122	977	206	185	12.8	11.3
Women:																
19-34.....	1.57	1.49	17.3	18.3	1.27	1.29	7.47	4.84	686	659	1,084	1,053	206	222	11.3	11.8
35-50.....	1.32	1.15	17.1	16.0	1.20	1.03	5.64	3.01	516	491	867	838	190	194	11.0	10.0
All.....	1.48	1.35	17.2	17.3	1.24	1.18	6.84	4.07	627	588	1,008	962	201	210	11.2	11.0
Midwest:																
Children:																
1-3.....	1.74	1.45	15.5	11.0	1.29	1.02	4.87	3.93	849	658	1,100	827	204	152	12.0	8.0
4-5.....	1.98	1.67	16.5	14.9	1.44	1.33	6.17	4.31	936	786	1,144	978	207	175	11.1	9.9
All.....	1.82	1.53	15.8	12.4	1.35	1.13	5.34	4.06	880	703	1,116	880	205	160	11.7	8.7
Women:																
19-34.....	1.49	1.43	17.2	17.3	1.16	1.16	7.25	4.25	578	684	1,014	1,058	199	214	10.8	9.8
35-50.....	1.22	1.15	15.3	15.4	1.17	.98	3.08	3.46	551	489	866	836	206	185	9.2	10.0
All.....	1.41	1.30	16.6	16.5	1.17	1.08	6.01	3.90	570	597	970	959	201	201	10.3	9.9
South:																
Children:																
1-3.....	1.42	1.34	13.3	11.7	1.11	.97	3.99	3.13	642	633	826	860	156	157	10.1	8.2
4-5.....	1.53	1.50	15.3	14.7	1.30	1.18	3.54	3.99	670	693	894	980	175	184	10.8	9.6
All.....	1.46	1.40	14.1	12.8	1.18	1.05	3.81	3.45	654	655	854	905	164	167	10.4	8.7
Women:																
19-34.....	1.40	1.36	16.3	16.4	1.23	1.17	5.41	3.94	560	596	966	1,004	190	194	10.8	10.5
35-50.....	1.12	1.18	15.9	14.7	1.10	1.01	4.67	6.75	390	441	831	798	176	163	10.3	8.6
All.....	1.31	1.29	16.2	15.8	1.19	1.11	5.17	5.01	505	537	923	926	185	182	10.6	9.8
West:																
Children:																
1-3.....	1.45	1.95	12.5	13.8	1.08	1.35	4.22	4.83	710	1,011	902	1,186	178	213	9.6	10.2
4-5.....	1.82	1.56	16.7	13.4	1.46	1.21	4.85	3.59	816	712	1,020	959	186	182	13.3	9.8
All.....	1.60	1.78	14.2	13.6	1.23	1.28	4.47	4.28	751	877	948	1,084	181	199	11.1	10.0
Women:																
19-34.....	1.50	1.51	17.4	17.2	1.27	1.31	5.65	4.11	665	704	1,081	1,079	214	221	11.3	12.0
35-50.....	1.42	1.22	17.2	17.0	1.31	1.15	4.34	4.14	565	524	906	945	200	214	12.2	9.7
All.....	1.48	1.44	17.3	17.1	1.28	1.27	5.34	4.12	641	661	1,039	1,047	211	219	11.5	11.5

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Grams-----						-Milligrams--		----Grams----	
Northeast:										
Children:										
1-3.....	25.4	20.9	20.3	18.2	8.6	8.5	273	234	8.8	7.3
4-5.....	26.8	22.0	24.3	20.0	11.0	9.4	299	259	8.7	11.1
All.....	25.9	21.3	21.8	18.9	9.5	8.9	283	244	8.8	8.8
Women:										
19-34.....	25.5	24.6	24.7	25.1	12.4	12.9	374	308	9.3	11.1
35-50.....	19.8	20.5	20.4	20.0	11.0	9.7	285	240	8.7	9.6
All.....	23.5	22.8	23.2	23.0	11.9	11.5	343	279	9.1	10.5
Midwest:										
Children:										
1-3.....	25.0	18.4	23.7	17.1	9.9	7.8	264	301	9.5	6.5
4-5.....	26.7	24.2	24.2	23.7	11.6	11.3	263	213	9.4	8.5
All.....	25.6	20.4	23.9	19.4	10.5	9.0	264	270	9.4	7.3
Women:										
19-34.....	24.2	25.3	25.2	24.3	11.7	12.3	347	288	10.1	9.5
35-50.....	20.3	21.6	20.6	22.9	10.0	11.3	234	224	10.7	9.8
All.....	23.0	23.7	23.9	23.7	11.2	11.8	314	259	10.3	9.7
South:										
Children:										
1-3.....	19.4	20.1	18.4	18.6	8.1	7.7	250	270	7.5	7.4
4-5.....	21.8	24.6	21.5	22.7	10.0	10.0	246	276	8.4	10.2
All.....	20.4	21.8	19.7	20.1	8.9	8.5	248	272	7.9	8.4
Women:										
19-34.....	22.6	23.5	24.2	24.5	11.6	12.2	333	309	10.4	10.3
35-50.....	20.1	18.2	23.5	19.9	11.2	10.6	327	312	8.2	8.5
All.....	21.8	21.5	24.0	22.8	11.5	11.6	331	310	9.7	9.6
West:										
Children:										
1-3.....	19.3	25.8	18.1	22.9	7.9	9.9	256	369	8.8	8.8
4-5.....	23.7	20.7	21.3	21.1	9.6	10.2	255	336	11.0	9.0
All.....	21.1	23.5	19.3	22.1	8.6	10.0	256	355	9.7	8.9
Women:										
19-34.....	25.2	27.0	25.8	28.2	12.3	13.9	329	360	11.4	12.0
35-50.....	20.5	23.8	22.0	25.5	10.5	10.7	270	341	10.6	10.0
All.....	24.1	26.3	24.9	27.6	11.9	13.2	315	355	11.2	11.5

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div><div>Retinol</div><div>-----Equivalents-----</div><div>Alpha-Tocopherol</div><div>-----Equivalents-----</div><div>-Micrograms-</div><div>-----Milligrams-----</div></div>																
Northeast:																
Children:																
1-3.....	890	748	126	176	10.8	7.0	248	190	8.2	7.0	1.0	0.7	2,154	1,880	2,243	1,801
4-5.....	1,030	1,001	159	377	9.4	5.2	268	246	8.6	8.6	1.2	.9	2,570	2,381	2,165	2,116
All.....	942	850	139	257	10.3	6.3	256	213	8.3	7.7	1.1	.8	2,309	2,082	2,214	1,928
Women:																
19-34.....	1,145	812	285	290	8.0	7.1	205	206	9.5	9.4	1.1	1.1	2,661	2,674	2,128	2,191
35-50.....	962	678	273	380	5.9	5.8	171	167	8.1	7.7	1.0	.9	2,524	2,089	1,850	1,986
All.....	1,082	756	281	328	7.3	6.6	193	189	9.0	8.7	1.1	1.0	2,613	2,427	2,031	2,104
Midwest:																
Children:																
1-3.....	755	711	146	74	7.0	4.2	200	150	8.5	6.3	.9	.6	2,336	1,642	1,988	1,546
4-5.....	1,192	735	249	111	5.8	6.5	209	179	8.6	7.2	.9	.7	2,527	2,269	2,079	1,718
All.....	911	719	182	87	6.5	5.0	204	160	8.5	6.6	.9	.6	2,404	1,863	2,020	1,607
Women:																
19-34.....	1,042	614	206	193	5.8	6.4	178	182	9.7	9.5	1.2	1.0	2,555	2,310	2,006	2,127
35-50.....	571	790	212	401	5.1	5.3	213	159	7.1	7.9	.9	.9	2,145	2,261	2,106	1,843
All.....	903	692	208	286	5.6	5.9	188	172	9.0	8.8	1.1	1.0	2,433	2,288	2,035	2,001
South:																
Children:																
1-3.....	818	605	202	216	6.8	4.6	184	151	6.6	6.7	.7	.7	1,931	1,854	1,525	1,616
4-5.....	813	797	260	311	8.0	5.8	225	179	7.4	8.1	.7	.8	2,033	2,203	1,633	1,837
All.....	816	676	226	251	7.3	5.0	201	161	6.9	7.3	.7	.7	1,972	1,984	1,569	1,698
Women:																
19-34.....	968	674	265	291	7.5	7.0	215	196	8.5	9.4	1.0	.9	2,558	2,497	1,807	1,966
35-50.....	601	1,121	201	276	6.3	5.3	173	154	8.9	7.1	.9	.9	2,371	2,170	1,798	1,705
All.....	851	844	244	285	7.2	6.4	201	180	8.6	8.5	1.0	.9	2,498	2,372	1,804	1,867
West:																
Children:																
1-3.....	604	946	150	270	6.3	6.4	188	174	7.4	8.2	.7	.8	1,631	1,938	1,717	2,116
4-5.....	787	760	190	228	7.6	8.2	218	222	8.6	7.4	.8	.7	2,153	1,895	1,878	1,800
All.....	676	863	166	251	6.8	7.2	200	196	7.9	7.8	.7	.8	1,835	1,919	1,780	1,975
Women:																
19-34.....	865	873	320	415	8.2	9.3	209	236	9.4	9.5	1.0	1.0	2,467	2,623	2,081	2,175
35-50.....	857	667	333	359	13.0	5.2	238	186	8.2	10.0	.9	.9	2,179	2,250	1,970	1,958
All.....	863	824	323	402	9.3	8.3	216	224	9.1	9.6	1.0	1.0	2,398	2,534	2,054	2,123

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.1A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985

Income Level and Age of Individuals (Years)	Individuals	Food Energy	Protein	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent						
0 to 75% Poverty:								
Children:								
1-3.....	356	106	239	181	177	172	215	163
4-5.....	244	91	188	181	183	146	178	150
All.....	599	100	219	181	179	161	200	158
Women:								
19-34.....	571	80	143	127	119	109	115	127
35-50.....	303	67	123	95	111	101	98	116
All.....	874	76	136	116	116	106	109	123
76 to 130% Poverty:								
Children:								
1-3.....	266	95	207	169	156	143	183	130
4-5.....	156	86	182	179	190	129	155	130
All.....	422	92	198	173	169	137	173	130
Women:								
19-34.....	438	82	141	106	121	121	122	127
35-50.....	265	70	130	118	113	101	101	124
All.....	703	77	137	110	118	113	114	126
0 to 130% Poverty:								
Children:								
1-3.....	622	101	225	176	168	159	201	149
4-5.....	399	89	186	181	186	140	169	142
All.....	1,021	97	210	178	175	152	188	146
Women:								
19-34.....	1,008	81	142	118	119	114	118	127
35-50.....	569	68	126	106	112	101	99	120
All.....	1,577	76	136	113	117	109	111	124
All Low Income:								
Children:								
1-3.....	806	102	230	180	171	158	200	151
4-5.....	509	90	189	180	181	140	171	142
All.....	1,314	97	214	180	175	151	189	148
Women:								
19-34.....	1,382	81	142	114	122	112	115	126
35-50.....	738	70	128	119	115	102	100	121
All.....	2,120	77	137	115	119	109	110	124

Table 3.1A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron	Vitamin E	Folacin	Zinc
-----Percent-----									
0 to 75% Poverty:									
Children:									
1-3.....	143	236	102	127	125	75	160	208	78
4-5.....	112	188	98	126	94	117	136	113	80
All.....	131	217	101	126	112	92	150	169	78
Women:									
19-34.....	60	177	73	124	64	60	93	47	60
35-50.....	53	123	62	102	60	54	80	45	49
All.....	57	159	69	117	63	58	88	46	56
76 to 130% Poverty:									
Children:									
1-3.....	116	174	86	108	106	59	112	159	66
4-5.....	95	160	88	118	89	99	100	95	77
All.....	109	169	87	112	99	74	107	135	70
Women:									
19-34.....	61	131	79	124	65	64	91	51	60
35-50.....	56	137	60	106	62	56	73	43	53
All.....	59	133	72	117	64	61	84	48	57
0 to 130% Poverty:									
Children:									
1-3.....	132	210	95	119	116	68	139	187	72
4-5.....	105	177	94	123	92	110	122	106	79
All.....	122	197	95	120	107	85	132	155	75
Women:									
19-34.....	60	157	76	124	65	62	92	49	60
35-50.....	54	130	61	104	61	55	76	44	51
All.....	58	148	70	117	64	59	86	47	57
All Low Income:									
Children:									
1-3.....	133	206	95	120	118	67	132	185	73
4-5.....	105	175	97	126	94	111	118	109	81
All.....	122	194	96	122	109	84	127	155	76
Women:									
19-34.....	59	151	75	124	66	61	89	48	60
35-50.....	54	155	60	105	62	55	75	43	52
All.....	58	153	70	117	64	59	84	46	57

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.18.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>																
0 to 75% Poverty:																
Children:																
1-3.....	295	61	106	108	239	241	181	181	178	171	176	153	217	205	167	139
4-5.....	183	61	91	90	192	178	186	166	180	190	154	124	186	152	156	133
All.....	478	122	100	99	221	209	183	174	179	180	167	138	205	179	163	136
Women:																
19-34.....	443	127	80	80	143	140	138	87	119	117	112	99	120	98	127	128
35-50.....	197	107	72	59	133	104	101	85	116	101	113	80	107	81	126	98
All.....	640	234	77	70	140	123	127	86	118	109	112	91	116	90	127	114
76 to 130% Poverty:																
Children:																
1-3.....	55	211	98	94	213	206	171	169	207	143	156	139	198	179	141	127
4-5.....	38	117	97	83	195	177	180	179	198	187	131	128	172	149	135	129
All.....	94	328	98	90	206	195	174	172	204	159	146	135	188	168	139	128
Women:																
19-34.....	97	341	84	81	143	141	96	109	116	122	142	115	135	118	137	124
35-50.....	50	216	76	69	138	128	113	119	168	101	106	100	105	100	126	124
All.....	146	556	81	76	141	136	102	113	134	114	129	109	125	111	133	124
0 to 130% Poverty:																
Children:																
1-3.....	351	271	105	97	235	213	179	171	183	149	173	142	214	185	163	130
4-5.....	221	178	92	85	192	177	185	175	183	188	150	127	184	150	152	130
All.....	571	450	100	92	218	199	181	173	183	164	164	136	202	171	159	130
Women:																
19-34.....	540	468	81	81	143	141	131	103	118	121	117	111	122	113	129	125
35-50.....	246	323	73	65	134	120	103	108	127	101	111	93	106	94	126	115
All.....	786	791	78	75	140	132	122	105	121	112	115	104	117	105	128	121
All Low Income:																
Children:																
1-3.....	410	396	105	100	236	223	180	180	180	161	170	146	209	191	163	138
4-5.....	256	252	91	88	192	185	180	180	188	174	151	130	182	160	153	132
All.....	666	648	100	95	219	209	180	180	183	166	163	140	199	179	159	136
Women:																
19-34.....	630	752	79	83	141	143	124	105	117	126	114	111	118	113	126	127
35-50.....	277	461	72	68	133	125	101	129	130	106	111	96	104	97	125	119
All.....	907	1,212	77	77	139	136	117	114	121	118	113	105	114	107	126	124

Table 3.1B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Income Level and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
0 to 75% Poverty:																		
Children:																		
1-3.....	146	129	244	201	102	107	126	129	125	123	78	60	174	91	215	171	78	77
4-5.....	117	97	203	142	102	87	129	119	94	95	122	101	140	122	116	102	81	76
All.....	135	113	228	171	102	97	127	124	113	109	95	81	161	107	177	136	79	76
Women:																		
19-34.....	61	56	192	127	74	69	126	119	64	66	61	58	95	84	48	44	60	58
35-50.....	59	42	151	76	65	57	109	90	63	56	60	44	95	52	49	37	53	42
All.....	60	49	179	104	71	64	121	106	64	62	61	52	95	69	48	41	58	51
76 to 130% Poverty:																		
Children:																		
1-3.....	130	113	191	169	97	83	116	106	115	103	65	58	120	110	171	155	69	65
4-5.....	96	95	179	154	107	82	133	114	99	85	103	98	92	102	86	97	81	76
All.....	116	106	186	164	101	83	123	109	108	97	81	72	109	107	136	135	74	69
Women:																		
19-34.....	63	60	126	133	84	78	129	122	71	64	70	62	80	94	48	52	60	60
35-50.....	63	55	165	130	61	60	111	105	71	60	58	55	72	73	50	41	59	52
All.....	63	58	139	132	76	71	123	116	71	62	66	59	77	86	49	48	59	57
0 to 130% Poverty:																		
Children:																		
1-3.....	144	116	235	176	101	88	124	111	123	108	76	58	166	106	208	159	76	67
4-5.....	113	96	199	150	103	84	129	115	95	89	119	99	132	109	111	99	81	76
All.....	132	108	221	166	102	86	126	113	112	100	93	74	153	107	171	135	78	71
Women:																		
19-34.....	61	59	180	131	76	75	126	121	65	64	63	61	92	92	48	50	60	60
35-50.....	60	51	154	112	64	59	109	100	65	59	59	52	90	66	49	40	54	48
All.....	61	56	172	123	72	69	121	113	65	62	62	57	92	81	48	46	58	55
All Low Income:																		
Children:																		
1-3.....	142	123	226	185	99	91	123	116	124	113	74	60	157	106	206	162	76	70
4-5.....	114	97	197	153	101	93	129	123	96	93	120	101	131	106	116	101	82	79
All.....	131	113	215	173	100	92	125	119	113	105	92	76	147	106	172	139	78	73
Women:																		
19-34.....	60	59	170	136	74	76	123	124	64	67	61	61	88	89	48	48	59	60
35-50.....	59	51	150	157	62	59	107	104	64	60	59	52	86	68	48	40	54	51
All.....	59	56	164	144	70	70	119	116	64	64	61	58	88	81	48	45	58	57

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.2A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race,
Low-Income Households, Spring 1985

Race and Age of Individuals (Years)	Individuals	Food Energy	Protein	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent						
White:								
Children:								
1-3.....	527	104	228	182	174	157	209	148
4-5.....	312	93	193	171	178	143	178	145
All.....	839	100	215	178	175	152	198	147
Women:								
19-34.....	904	84	141	112	121	114	121	127
35-50.....	457	71	126	111	110	98	99	119
All.....	1,361	79	136	112	118	109	114	124
Black:								
Children:								
1-3.....	171	99	234	180	150	168	181	165
4-5.....	95	82	176	199	162	131	155	134
All.....	265	93	213	187	154	155	172	154
Women:								
19-34.....	304	75	143	104	120	111	100	125
35-50.....	211	68	132	141	119	109	104	125
All.....	515	72	139	119	119	110	102	125
Other:								
Children:								
1-3.....	83	103	231	156	191	153	185	144
4-5.....	79	84	190	182	229	135	153	137
All.....	162	94	211	168	209	144	170	141
Women:								
19-34.....	133	78	143	148	131	106	108	127
35-50.....	53	74	133	111	130	110	96	130
All.....	187	77	140	137	130	107	105	128

Table 3.2A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race,
Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron	Vitamin E	Folacin	Zinc
-----Percent-----									
White:									
Children:									
1-3.....	134	212	102	123	123	67	124	181	71
4-5.....	108	174	103	132	99	112	115	108	82
All.....	124	198	102	126	114	84	121	154	75
Women:									
19-34.....	61	149	82	128	69	61	90	49	60
35-50.....	53	114	65	107	65	53	70	41	52
All.....	58	137	77	121	67	59	83	47	57
Black:									
Children:									
1-3.....	133	200	76	108	104	70	170	196	77
4-5.....	93	178	86	112	83	100	109	97	74
All.....	119	192	80	109	97	81	149	161	76
Women:									
19-34.....	56	155	59	112	56	59	89	44	59
35-50.....	56	249	51	102	53	55	85	46	51
All.....	56	194	56	108	55	57	87	45	56
Other:									
Children:									
1-3.....	126	194	92	119	119	66	120	185	72
4-5.....	102	177	76	113	86	109	122	110	81
All.....	114	186	84	116	103	87	121	148	76
Women:									
19-34.....	59	176	62	118	64	64	84	47	62
35-50.....	59	153	55	106	67	65	83	50	57
All.....	59	169	60	114	65	64	84	48	60

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.2B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---																
-----Percent-----																
White:																
Children:																
1-3.....	235	292	106	102	233	223	185	180	188	162	172	145	221	200	160	139
4-5.....	141	171	98	90	200	187	178	165	211	151	162	128	198	162	164	130
All.....	376	463	103	97	221	210	182	174	197	158	168	138	212	186	161	136
Women:																
19-34.....	354	550	80	86	136	145	121	107	116	125	115	113	124	119	120	131
35-50.....	139	319	74	69	130	124	93	118	121	106	102	97	105	96	123	117
All.....	493	868	78	80	135	137	113	111	118	118	111	107	119	111	121	126
Black:																
Children:																
1-3.....	112	58	103	90	243	217	184	172	163	125	178	149	197	151	183	130
4-5.....	72	23	85	73	186	147	211	161	176	118	143	96	168	116	145	101
All.....	184	82	96	85	220	197	194	169	168	123	164	134	186	141	168	122
Women:																
19-34.....	184	119	77	72	150	133	110	95	114	129	116	102	108	88	135	109
35-50.....	105	106	70	66	139	125	114	168	132	105	124	95	106	101	131	118
All.....	289	225	74	69	146	129	111	129	121	118	119	99	108	94	133	113
Other:																
Children:																
1-3.....	50	33	104	101	236	224	151	163	188	196	150	158	190	182	142	148
4-5.....	36	42	81	87	181	199	137	220	139	306	127	142	157	150	133	142
All.....	86	76	95	93	213	210	145	195	167	257	140	149	176	164	138	144
Women:																
19-34.....	73	60	82	74	146	139	200	85	129	133	108	104	121	94	135	118
35-50.....	26	27	70	77	128	137	102	120	173	89	114	107	93	98	118	141
All.....	99	88	79	75	141	139	174	96	140	119	110	105	113	95	130	125

Table 3.2B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Race and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
White:																		
Children:																		
1-3.....	142	127	236	193	108	97	128	120	130	117	75	61	143	110	202	164	74	69
4-5.....	126	94	200	153	110	98	138	127	106	94	130	97	138	96	128	92	87	78
All.....	136	115	222	178	109	97	132	122	121	108	95	75	141	104	174	138	79	72
Women:																		
19-34.....	59	61	163	140	83	82	127	129	67	70	61	62	86	92	49	49	58	61
35-50.....	57	51	128	108	69	63	110	106	69	63	57	52	74	68	43	40	55	51
All.....	59	58	153	128	79	75	122	121	68	67	60	58	83	83	48	46	57	58
Black:																		
Children:																		
1-3.....	150	101	218	165	81	66	113	97	113	87	80	51	215	86	233	126	82	67
4-5.....	102	66	201	110	90	74	118	94	87	71	106	82	121	74	102	80	77	64
All.....	131	91	211	149	85	68	115	96	103	83	90	60	178	82	182	113	80	66
Women:																		
19-34.....	61	49	177	123	61	56	119	103	59	51	62	53	99	75	45	41	62	53
35-50.....	62	51	194	304	52	51	105	100	55	51	61	49	103	67	53	39	53	50
All.....	61	50	183	208	57	54	114	101	57	51	62	51	100	71	48	40	59	51
Other:																		
Children:																		
1-3.....	127	124	210	171	100	80	124	110	121	116	63	71	114	129	174	201	72	73
4-5.....	96	107	191	165	85	69	114	113	78	92	110	107	138	108	92	125	74	86
All.....	114	114	202	168	93	74	120	112	103	102	83	91	124	118	139	159	73	80
Women:																		
19-34.....	62	57	211	133	68	56	125	109	67	60	64	63	77	93	46	49	62	62
35-50.....	59	60	108	196	58	52	104	107	68	67	60	69	93	73	56	45	48	65
All.....	61	58	184	153	65	54	120	108	67	62	63	65	82	86	49	48	58	63

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.3A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985

Urbanization and Age of Individuals (Years)	Individuals	Food Energy	Protein	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent						
Central Cities:								
Children:								
1-3.....	277	103	248	187	160	166	207	158
4-5.....	176	83	181	174	163	131	158	134
All.....	454	95	222	182	161	152	188	149
Women:								
19-34.....	534	79	147	115	120	112	114	128
35-50.....	261	73	136	129	143	107	100	126
All.....	795	77	143	120	127	111	109	128
Suburban Areas:								
Children:								
1-3.....	282	98	209	164	177	153	188	146
4-5.....	195	94	195	181	206	152	185	149
All.....	477	96	203	171	188	153	187	147
Women:								
19-34.....	458	82	138	110	133	111	112	125
35-50.....	261	63	116	125	84	88	96	115
All.....	719	75	130	115	115	103	106	121
Nonmetropolitan Areas:								
Children:								
1-3.....	246	106	232	191	176	156	207	149
4-5.....	137	92	189	188	169	136	167	144
All.....	384	101	217	190	174	149	193	147
Women:								
19-34.....	391	82	139	115	112	114	120	125
35-50.....	215	74	133	99	118	113	104	122
All.....	606	79	137	110	114	113	114	124

Urbanization and Age of Individuals (Years)	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron	Vitamin E	Folacin	Zinc
-----Percent-----									
Central Cities:									
Children:									
1-3.....	136	203	98	125	123	72	145	187	78
4-5.....	94	173	90	117	86	106	119	98	75
All.....	120	191	95	122	109	85	135	152	77
Women:									
19-34.....	61	150	75	126	65	61	91	47	62
35-50.....	58	149	59	107	63	58	86	47	53
All.....	60	149	69	120	65	60	90	47	59
Suburban Areas:									
Children:									
1-3.....	131	198	88	111	112	65	126	190	69
4-5.....	117	169	105	134	101	116	121	123	86
All.....	125	186	95	121	108	96	124	162	76
Women:									
19-34.....	59	158	73	121	66	62	86	50	59
35-50.....	48	188	58	99	59	50	66	39	49
All.....	55	169	67	113	63	58	78	46	55
Nonmetropolitan Areas:									
Children:									
1-3.....	131	220	100	124	120	65	124	177	72
4-5.....	102	187	94	125	95	109	114	103	80
All.....	121	208	98	124	111	81	120	150	75
Women:									
19-34.....	58	146	78	123	65	60	88	46	57
35-50.....	55	122	64	111	63	56	71	44	56
All.....	57	138	73	119	64	59	82	46	57

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.3B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>																
Central Cities:																
Children:																
1-3.....	181	97	103	104	247	251	181	197	165	151	169	159	203	214	166	143
4-5.....	112	64	87	75	192	162	193	141	166	159	143	110	172	134	149	108
All.....	293	160	97	92	226	215	186	174	165	154	159	139	191	182	159	129
Women:																
19-34.....	287	247	79	80	149	145	124	105	119	121	113	112	114	115	131	126
35-50.....	126	135	72	74	136	135	124	134	155	131	113	103	106	94	130	123
All.....	413	381	77	78	145	141	124	115	130	125	113	109	111	107	131	125
Suburban Areas:																
Children:																
1-3.....	135	147	102	94	213	205	182	148	181	172	173	135	215	164	161	132
4-5.....	85	110	96	93	195	196	149	206	211	201	166	142	201	173	155	144
All.....	220	257	99	94	206	201	169	173	193	185	170	138	210	168	159	137
Women:																
19-34.....	194	264	79	84	131	144	106	114	128	137	112	110	113	112	113	133
35-50.....	70	192	72	60	127	112	85	139	95	80	103	82	99	95	124	112
All.....	263	456	77	74	130	130	100	124	119	113	110	98	109	105	116	124
Nonmetropolitan Areas:																
Children:																
1-3.....	94	152	112	102	247	223	174	201	208	156	168	149	213	203	159	142
4-5.....	59	78	93	91	188	189	202	177	197	148	145	129	175	162	156	135
All.....	153	231	105	98	224	212	185	193	204	154	159	142	198	189	158	140
Women:																
19-34.....	149	241	79	83	139	139	149	94	98	120	119	110	133	111	132	121
35-50.....	81	134	72	75	134	132	80	110	121	116	116	111	104	104	120	123
All.....	231	375	77	80	137	137	125	100	106	119	118	110	123	109	128	122

Table 3.3B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Urbanization and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Percent-----																		
Central Cities:																		
Children:																		
1-3.....	136	135	206	196	94	106	122	130	123	124	78	62	168	102	199	164	79	77
4-5.....	105	76	197	130	95	81	124	105	93	74	116	88	125	109	104	87	80	66
All.....	124	112	203	170	94	96	123	120	112	104	92	72	152	105	162	133	80	72
Women:																		
19-34.....	61	60	168	129	70	80	126	126	64	67	63	59	95	86	45	50	63	61
35-50.....	63	54	183	116	58	59	107	107	64	62	62	54	102	72	52	43	53	53
All.....	62	58	172	124	67	73	120	119	64	65	63	57	97	81	47	47	60	59
Suburban Areas:																		
Children:																		
1-3.....	147	116	246	154	99	79	118	105	116	108	74	57	161	94	223	159	72	65
4-5.....	127	110	191	152	114	99	138	131	100	102	123	111	136	109	130	117	86	86
All.....	139	114	224	153	105	87	126	116	110	106	93	80	152	101	187	141	77	74
Women:																		
19-34.....	56	61	169	150	75	71	119	123	63	68	58	65	85	86	50	50	55	62
35-50.....	55	46	125	211	63	56	107	96	64	57	54	49	81	61	41	38	51	48
All.....	56	55	157	175	72	65	116	112	64	63	57	58	83	76	48	45	54	56
Nonmetropolitan Areas:																		
Children:																		
1-3.....	144	123	237	209	110	94	133	118	135	110	69	63	128	121	197	165	76	69
4-5.....	112	95	205	174	95	93	123	127	95	94	123	99	136	98	118	91	80	80
All.....	132	113	225	197	104	94	129	121	119	105	90	75	131	113	167	140	78	73
Women:																		
19-34.....	60	57	176	128	79	78	123	123	66	65	64	58	79	94	49	45	58	57
35-50.....	56	55	122	122	66	64	109	113	62	64	56	56	67	74	48	42	58	55
All.....	59	56	157	126	74	73	118	119	64	64	61	57	75	87	48	44	58	56

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.4A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985

Region and Age of Individuals (Years)	Individuals	Food Energy	Protein	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin
---Number---		-----Percent-----						
Northeast:								
Children:								
1-3.....	191	109	243	186	225	189	238	179
4-5.....	120	95	196	202	235	162	194	156
All.....	310	104	225	192	229	178	221	170
Women:								
19-34.....	324	81	147	125	140	117	122	133
35-50.....	205	69	129	121	122	103	101	126
All.....	530	76	140	123	133	112	114	130
Midwest:								
Children:								
1-3.....	163	104	232	157	167	155	200	148
4-5.....	90	94	195	176	181	140	183	143
All.....	253	101	219	164	172	149	194	146
Women:								
19-34.....	299	78	144	101	100	108	116	128
35-50.....	178	71	123	113	116	103	98	118
All.....	477	76	136	105	106	106	109	125
South:								
Children:								
1-3.....	284	96	213	183	143	146	171	137
4-5.....	179	88	184	184	156	128	151	136
All.....	463	93	202	183	148	139	163	137
Women:								
19-34.....	469	83	139	107	117	114	109	122
35-50.....	264	68	126	121	110	98	97	116
All.....	733	78	135	112	114	108	105	120
West:								
Children:								
1-3.....	168	103	240	189	160	149	208	145
4-5.....	120	83	184	157	166	138	170	138
All.....	288	95	217	176	162	144	192	142
Women:								
19-34.....	289	80	139	124	133	108	115	124
35-50.....	91	72	138	118	112	110	109	131
All.....	380	78	139	123	128	109	114	126

Table 3.4A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron	Vitamin E	Folacin	Zinc
-----Percent-----									
Northeast:									
Children:									
1-3.....	164	225	111	132	129	81	187	225	77
4-5.....	122	189	107	135	102	123	127	129	86
All.....	148	211	109	133	118	97	164	188	81
Women:									
19-34.....	62	158	81	129	69	64	92	49	61
35-50.....	55	136	62	106	64	58	73	42	52
All.....	60	150	74	120	67	62	85	46	58
Midwest:									
Children:									
1-3.....	129	221	95	121	119	67	113	176	74
4-5.....	107	211	108	133	96	106	103	97	79
All.....	121	218	99	125	111	81	109	148	76
Women:									
19-34.....	57	156	74	124	66	57	75	43	62
35-50.....	53	110	64	106	64	54	66	45	51
All.....	55	139	70	117	65	56	71	44	58
South:									
Children:									
1-3.....	114	174	80	106	105	60	109	164	67
4-5.....	95	152	85	118	90	101	112	99	78
All.....	106	165	82	110	99	76	110	139	71
Women:									
19-34.....	58	146	69	119	62	59	87	48	58
35-50.....	52	204	53	101	56	51	70	40	51
All.....	56	167	63	112	59	56	81	45	56
West:									
Children:									
1-3.....	133	224	105	128	128	66	128	182	77
4-5.....	103	170	96	124	92	116	131	110	80
All.....	120	202	101	126	113	87	129	152	78
Women:									
19-34.....	61	148	79	126	68	65	101	51	59
35-50.....	61	140	67	115	69	60	111	52	60
All.....	61	146	77	123	68	64	103	51	59

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 3.4B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number		Percent													
Northeast:																
Children:																
1-3.....	115	76	114	102	255	224	190	180	242	200	204	167	258	208	191	161
4-5.....	69	51	98	91	205	183	179	233	245	221	173	147	206	176	170	136
All.....	183	127	108	98	237	208	186	201	243	209	192	158	238	195	183	151
Women:																
19-34.....	161	163	81	82	146	148	139	111	136	144	117	118	126	119	129	136
35-50.....	86	120	71	67	136	124	125	118	112	128	105	101	109	95	132	122
All.....	247	283	78	75	143	138	134	114	128	138	113	111	120	109	130	130
Midwest:																
Children:																
1-3.....	85	79	118	89	266	196	171	142	194	138	183	124	218	181	172	122
4-5.....	47	43	100	89	204	185	223	125	198	162	150	128	197	167	150	135
All.....	132	121	111	89	244	192	190	136	195	147	171	126	210	176	164	127
Women:																
19-34.....	162	137	78	79	144	143	119	80	97	102	117	99	120	112	129	128
35-50.....	68	109	71	72	124	122	82	132	157	91	110	98	102	96	118	119
All.....	230	246	76	76	138	134	108	103	115	97	115	99	115	105	125	124
South:																
Children:																
1-3.....	113	171	94	97	208	216	202	171	143	143	151	142	177	167	148	130
4-5.....	78	101	85	90	174	192	176	189	167	148	134	123	153	150	139	134
All.....	191	272	91	94	194	207	192	178	153	144	144	135	167	160	144	131
Women:																
19-34.....	172	297	80	85	137	140	122	99	118	116	116	112	111	108	121	122
35-50.....	81	183	75	65	141	120	82	138	123	104	112	92	93	98	122	113
All.....	253	480	78	77	138	133	109	114	119	111	115	104	105	104	122	119
West:																
Children:																
1-3.....	97	71	94	116	218	269	148	245	140	188	141	159	182	244	139	153
4-5.....	63	57	86	80	191	177	155	160	145	188	147	129	182	156	152	122
All.....	160	128	91	100	208	228	151	207	142	188	143	146	182	205	144	139
Women:																
19-34.....	135	155	77	83	137	141	117	131	115	148	105	111	115	116	124	124
35-50.....	42	48	69	75	128	147	123	113	136	91	125	96	118	102	131	130
All.....	177	203	75	81	135	142	119	126	120	135	110	107	115	112	126	126

Table 3.4B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Region and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
Northeast:																		
Children:																		
1-3.....	177	145	252	184	122	95	141	118	138	116	86	74	217	141	248	190	82	70
4-5.....	133	108	229	135	109	103	139	129	103	100	127	117	156	87	134	123	86	86
ALL.....	160	130	243	165	117	98	140	122	124	110	101	91	194	119	206	163	83	77
Women:																		
19-34.....	62	63	157	159	82	80	130	128	66	72	63	66	97	88	49	50	61	61
35-50.....	60	52	188	100	64	61	108	104	63	64	61	55	73	72	42	42	54	51
ALL.....	61	58	168	134	76	72	122	118	65	69	62	61	89	81	46	46	59	57
Midwest:																		
Children:																		
1-3.....	143	113	244	196	106	82	137	103	136	101	80	54	139	85	200	150	85	63
4-5.....	111	102	247	173	117	98	143	122	103	88	111	99	97	109	105	89	86	72
ALL.....	132	110	245	188	110	88	139	110	124	96	91	70	124	93	166	129	85	66
Women:																		
19-34.....	57	57	174	135	69	80	123	125	64	68	60	54	71	78	43	44	63	61
35-50.....	59	49	103	115	69	61	108	105	69	62	51	56	64	67	53	40	47	53
ALL.....	57	53	153	126	69	72	118	116	66	65	58	55	69	73	46	42	59	57
South:																		
Children:																		
1-3.....	123	108	200	157	80	79	103	108	104	105	67	55	135	92	184	151	66	67
4-5.....	100	91	142	160	84	87	112	123	88	92	108	96	133	96	112	89	74	81
ALL.....	113	101	176	158	82	82	107	113	98	100	84	70	134	93	155	128	69	73
Women:																		
19-34.....	60	57	177	128	67	70	117	120	61	62	60	58	90	86	50	47	55	60
35-50.....	55	50	155	225	49	55	104	100	58	54	57	48	79	66	43	38	59	47
ALL.....	58	55	170	165	61	64	112	112	60	59	59	54	87	78	48	44	56	55
West:																		
Children:																		
1-3.....	120	150	211	241	89	126	113	148	119	142	64	68	127	128	188	174	74	82
4-5.....	113	93	194	144	102	89	128	120	93	91	133	98	126	137	109	111	86	74
ALL.....	117	124	204	198	94	110	119	136	109	119	91	82	127	132	157	146	79	78
Women:																		
19-34.....	60	62	171	129	77	81	125	126	66	69	63	67	95	106	48	54	58	59
35-50.....	65	57	143	137	70	65	112	118	66	71	68	54	162	65	59	46	54	66
ALL.....	61	61	164	131	76	77	122	124	66	69	64	64	111	96	51	52	57	61

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories							
			Protein	Total Fat	Carbohydrate	Vitamin A	Ascorbic Acid	Thiamin		
			-----Grams-----			International Units	-----Milligrams-----			
	Number	Kilocalories								
Children:										
1-3.....	806	1,330	40.0	39.5	124.1	2,772	61	0.85		
4-5.....	509	1,523	37.7	39.5	126.4	3,043	55	.85		
All.....	1,314	1,404	39.1	39.5	125.0	2,977	59	.85		
Women:										
19-34.....	1,382	1,669	40.4	39.6	120.1	2,873	49	.73		
35-50.....	738	1,395	42.0	39.4	117.7	3,732	56	.76		
All.....	2,120	1,574	40.9	39.5	119.2	3,171	51	.74		

			Intake per 1,000 Kilocalories							
			Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron
			-----Milligrams-----	-----Micrograms-----	-----Milligrams-----					
Children:										
1-3.....	1.23	10.4	0.91	3.21	582	725	135	7.9		
4-5.....	1.15	10.5	.92	3.00	508	665	124	7.5		
All.....	1.20	10.4	.92	3.13	553	702	131	7.7		
Women:										
19-34.....	.88	10.6	.75	3.08	384	632	128	6.8		
35-50.....	.93	12.5	.81	3.25	394	643	154	7.6		
All.....	.90	11.3	.78	3.14	388	636	137	7.1		

Table 4A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Low-Income Households, Spring 1985--continued

Age of Individuals (Years)	Intake per 1,000 Kilocalories							
	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber			
	Grams	Grams	Grams	Milligrams	Grams			
Children:								
1-3.....	16.1	14.4	6.2	205	6.1			
4-5.....	15.5	14.6	6.7	184	6.2			
All.....	15.8	14.5	6.4	197	6.2			
Women:								
19-34.....	14.5	14.9	7.3	204	6.4			
35-50.....	14.3	14.9	7.4	197	7.3			
All.....	14.4	14.9	7.3	202	6.7			
	Intake per 1,000 Kilocalories							
	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	Retinol Equivalents	Equivalents	Equivalents	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
Children:								
1-3.....	578	131	5.0	143	5.5	0.6	1,439	1,369
4-5.....	592	164	4.8	148	5.4	.5	1,487	1,246
All.....	583	144	4.9	145	5.5	.6	1,458	1,321
Women:								
19-34.....	511	179	4.4	125	5.7	.6	1,563	1,278
35-50.....	615	257	4.2	136	6.0	.8	1,664	1,562
All.....	547	206	4.3	129	5.8	.7	1,598	1,377

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalories													
					Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
---Number---			Kilocalories		-----Grams-----						International Units		-----Milligrams-----					
Children:																		
1-3.....	410	396	1,361	1,298	40.3	39.6	40.0	39.0	122.6	125.7	2,774	2,770	63	59	0.89	0.81		
4-5.....	256	252	1,552	1,492	37.6	37.8	39.6	39.4	126.2	126.5	3,092	2,992	57	52	.90	.80		
All.....	666	648	1,434	1,373	39.2	38.9	39.9	39.1	124.0	126.0	2,896	2,857	61	56	.89	.81		
Women:																		
19-34.....	630	752	1,627	1,704	41.0	39.9	39.8	39.4	118.2	121.6	3,142	2,648	48	50	.75	.71		
35-50.....	277	461	1,442	1,366	42.0	42.0	38.4	40.0	118.3	117.4	2,886	4,241	56	55	.80	.73		
All.....	907	1,212	1,571	1,576	41.3	40.7	39.3	39.6	118.2	120.0	3,064	3,253	50	52	.77	.72		
Intake per 1,000 Kilocalories																		
Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron				
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Milligrams-----					-----Micrograms-----						-----Milligrams-----							
Children:																		
1-3.....	1.27	1.20	11.0	9.8	0.95	0.86	3.56	2.84	595	568	733	717	137	132	8.5	7.2		
4-5.....	1.20	1.09	11.0	10.0	.97	.87	3.34	2.66	520	495	665	665	124	125	8.0	6.9		
All.....	1.24	1.15	11.0	9.9	.96	.87	3.48	2.77	566	540	707	597	132	129	8.3	7.1		
Women:																		
19-34.....	.92	.86	10.8	10.5	.77	.74	3.82	2.46	383	386	642	623	129	126	7.0	6.6		
35-50.....	.89	.95	11.8	13.0	.83	.80	3.10	3.34	354	418	608	664	140	163	7.6	7.6		
All.....	.91	.89	11.1	11.5	.79	.77	3.60	2.80	374	398	632	638	133	140	7.2	7.0		

Table 4B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Age of Individuals (Years)	Intake per 1,000 Kilocalories															
	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
<hr/>																
	<u>-----Grams-----</u>				<u>-----Milligrams-----</u>				<u>-----Grams-----</u>							
<hr/>																
Children:																
1-3.....	16.3	15.8	14.6	14.2	6.3	6.1	199	210	6.3	6.0						
4-5.....	15.7	15.3	14.5	14.7	6.6	6.8	181	187	6.0	6.4						
All.....	16.0	15.6	14.6	14.4	6.4	6.3	192	201	6.2	6.1						
<hr/>																
Women:																
19-34.....	14.7	14.4	15.0	14.8	7.1	7.4	217	193	6.5	6.4						
35-50.....	13.6	14.6	14.7	15.1	7.3	7.4	196	198	6.6	7.8						
All.....	14.4	14.5	14.9	14.9	7.2	7.4	211	195	6.5	6.9						
<hr/>																
	Intake per 1,000 Kilocalories															
	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<hr/>																
	<u>Retinol</u>				<u>Alpha-</u>											
	<u>Equivalents</u>				<u>Tocopherol</u>											
	<u>-----</u>				<u>-----</u>				<u>-----Milligrams-----</u>							
<hr/>																
Children:																
1-3.....	605	550	118	145	6.0	4.0	156	130	5.6	5.4	0.6	0.5	1,469	1,408	1,391	1,347
4-5.....	629	555	153	175	5.3	4.3	158	138	5.4	5.3	.6	.5	1,500	1,474	1,247	1,245
All.....	614	552	131	157	5.7	4.1	157	133	5.6	5.4	.6	.5	1,481	1,434	1,336	1,307
<hr/>																
Women:																
19-34.....	601	436	174	183	4.3	4.4	125	125	5.8	5.7	.7	.6	1,616	1,518	1,289	1,265
35-50.....	511	678	182	303	4.6	3.9	135	137	5.8	6.0	.7	.8	1,660	1,666	1,397	1,661
All.....	574	528	176	228	4.4	4.2	128	130	5.8	5.8	.7	.7	1,629	1,574	1,322	1,411

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 5A.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:
Mean per Individual in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Protein	Total Fat	Saturated Fat
	Number	Percent		
Children:				
1-3.....	806	16.0	35.5	14.5
4-5.....	509	15.1	35.6	13.9
All.....	1,314	15.6	35.6	14.2
Women:				
19-34.....	1,382	16.1	35.6	13.1
35-50.....	738	16.8	35.5	12.8
All.....	2,120	16.4	35.6	13.0
		Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
		Percent		
Children:				
1-3.....	13.0	5.6	49.6	
4-5.....	13.1	6.0	50.5	
All.....	13.0	5.7	50.0	
Women:				
19-34.....	13.4	6.6	48.0	
35-50.....	13.4	6.6	47.1	
All.....	13.4	6.6	47.7	

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of FoodIntakes by Individuals, Low Income,
1985.

Table 5B.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:
Mean per Individual in a Day, by Food Stamp Program Status,
Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Protein		Total Fat		Saturated Fat	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Number		Percent						
Children:								
1-3.....	410	396	16.1	15.8	36.0	35.1	14.7	14.2
4-5.....	256	252	15.0	15.1	35.7	35.5	14.1	13.7
All.....	666	648	15.7	15.6	35.9	35.2	14.4	14.0
Women:								
19-34.....	630	752	16.4	15.9	35.8	35.5	13.2	13.0
35-50.....	277	461	16.8	16.8	34.6	36.0	12.3	13.2
All.....	907	1,212	16.5	16.3	35.4	35.7	12.9	13.0
	Monounsaturated Fat		Polyunsaturated Fat		Carbohydrate			
	FSP	NFSP	FSP	NFSP	FSP	NFSP		
Percent								
Children:								
1-3.....	13.1	12.8	5.7	5.5	49.0	50.3		
4-5.....	13.1	13.2	5.9	6.1	50.5	50.6		
All.....	13.1	13.0	5.8	5.7	49.6	50.4		
Women:								
19-34.....	13.5	13.3	6.4	6.7	47.3	48.7		
35-50.....	13.2	13.6	6.5	6.7	47.3	47.0		
All.....	13.4	13.4	6.4	6.7	47.3	48.0		

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of FoodIntakes by Individuals, Low Income,
1985.

Table 6A.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Number of Eating Occasions in a Day								
		1	2	3	4	5	6	7	8	9 or More
	<u>Number</u>	<u>Percent</u>								
Children:										
1-3.....	806	0.1	1.7	21.9	29.9	19.7	13.3	8.4	3.6	1.4
4-5.....	509	.2	4.3	31.2	23.3	21.5	13.2	3.6	2.0	.7
All.....	1,314	.1	2.7	25.5	27.4	20.4	13.3	6.5	3.0	1.1
Women:										
19-34.....	1,382	2.1	13.7	30.0	26.1	16.4	5.7	3.1	1.6	1.3
35-50.....	738	2.7	15.2	30.9	25.0	15.1	5.2	2.6	1.0	2.2
All.....	2,120	2.3	14.2	30.3	25.7	16.0	5.5	2.9	1.4	1.6

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 68.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Number of Eating Occasions in a Day									
	Individuals		1		2		3		4	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----										
-----Percent-----										
Children:										
1-3.....	410	396	0.1	(*)	2.1	1.3	25.3	18.4	30.9	28.9
4-5.....	256	252	(*)	0.5	5.8	2.7	33.5	28.8	21.8	24.7
All.....	666	648	.1	.2	3.6	1.9	28.5	22.4	27.4	27.3
Women:										
19-34.....	630	752	2.9	1.5	15.7	12.0	29.5	30.4	26.1	26.1
35-50.....	277	461	4.0	1.9	13.1	16.5	36.9	27.3	22.8	26.3
All.....	907	1,212	3.2	1.6	14.9	13.7	31.7	29.2	25.1	26.2
Number of Eating Occasions in a Day										
	5		6		7		8		9 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----										
Children:										
1-3.....	17.1	22.3	12.1	14.6	8.4	8.3	2.4	4.8	1.5	1.3
4-5.....	19.9	23.1	12.1	14.3	5.8	1.4	.6	3.4	.5	1.0
All.....	18.2	22.6	12.1	14.5	7.4	5.7	1.7	4.3	1.1	1.2
Women:										
19-34.....	14.2	18.3	5.4	5.8	3.1	3.0	1.6	1.6	1.5	1.2
35-50.....	16.1	14.5	3.0	6.6	2.1	2.9	1.2	.8	.7	3.1
All.....	14.8	16.9	4.7	6.1	2.8	3.0	1.5	1.3	1.2	1.9

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 7A.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985

Age of Indi- viduals (Years)	Individuals	Individuals Reporting Snacks	Food Energy	Protein	Total Fat	Carbo- hydrate	Vitamin A	Ascorbic Acid	Thiamin
Number			Percent						
Children:									
1-3....	806	78	18.9	13.3	17.8	22.0	13.3	19.3	13.6
4-5....	509	69	15.4	9.5	13.8	18.1	11.2	13.1	10.4
All..	1,314	74	17.6	11.9	16.2	20.5	12.5	16.9	12.4
Women:									
19-34..	1,382	69	16.0	8.8	12.6	19.7	9.8	12.7	10.1
35-50..	738	64	14.3	8.9	11.5	17.1	9.2	9.5	10.1
All..	2,120	68	15.4	8.9	12.2	18.8	9.6	11.5	10.1
Percent									
Children:									
1-3....	16.8	10.0	14.0	14.5	19.8	16.8	18.3	11.2	
4-5....	11.4	8.6	10.9	8.8	12.9	11.7	13.8	9.8	
All..	14.7	9.5	12.8	12.3	17.1	14.8	16.6	10.7	
Women:									
19-34..	12.5	9.7	10.8	9.7	15.0	12.9	15.2	10.0	
35-50..	12.6	9.8	9.4	10.3	14.7	12.2	14.1	10.0	
All..	12.5	9.7	10.3	9.9	14.9	12.7	14.8	10.0	

Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber			
Percent								
Children:								
1-3	19.3	16.4	16.0	12.4	15.9			
4-5	13.9	12.8	15.0	8.6	14.7			
All	17.2	15.0	15.6	10.9	15.4			
Women:								
19-34	13.2	11.8	12.7	7.8	13.6			
35-50	12.5	10.9	9.9	8.8	10.4			
All	12.9	11.5	11.7	8.1	12.5			
Percent								
Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium	
Percent								
Children:								
1-3	13.6	14.1	17.3	12.8	13.7	16.6	12.6	18.6
4-5	10.9	12.3	16.2	9.7	9.9	14.0	10.0	13.4
All	12.5	13.4	16.9	11.6	12.2	15.6	11.6	16.6
Women:								
19-34	10.3	9.7	13.8	11.6	10.3	15.2	9.5	13.7
35-50	10.0	7.6	11.4	10.7	9.9	13.4	9.3	13.2
All	10.2	9.0	12.9	11.3	10.2	14.6	9.4	13.5

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 7B.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Indi- viduals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A		Ascorbic Acid		Thiamin		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Number---																			
-----Percent-----																			
Children:																			
1-3....	410	396	73.5	83.1	17.6	20.3	12.0	14.6	16.4	19.2	20.7	23.4	12.1	14.6	18.1	20.5	12.4	14.8	
4-5....	256	252	63.8	73.5	15.5	15.2	9.7	9.3	14.7	12.9	17.2	19.0	9.5	12.9	12.9	13.4	9.6	11.3	
All..	666	648	69.7	79.4	16.8	18.3	11.2	12.6	15.8	16.8	19.3	21.7	11.1	14.0	16.1	17.7	11.3	13.5	
Women:																			
19-34..	630	752	68.6	70.3	16.9	15.3	9.5	8.3	13.6	11.8	20.7	18.9	10.6	9.2	12.7	12.6	10.6	9.8	
35-50..	277	461	64.3	64.5	16.1	13.3	11.3	7.5	13.3	10.4	18.7	16.1	11.7	7.8	13.2	7.2	12.6	8.5	
All..	907	1,212	67.3	68.1	16.7	14.5	10.1	8.0	13.5	11.3	20.1	17.9	10.9	8.6	12.9	10.6	11.2	9.3	
		Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron			
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
-----Percent-----																			
Children:																			
1-3....	14.9	18.8	9.1	11.0	12.9	15.2	12.1	17.0	17.7	22.0	15.3	18.4	16.6	20.2	10.3	12.2			
4-5....	11.0	11.9	7.8	9.4	10.0	11.8	8.5	9.0	13.3	12.4	12.2	11.2	13.5	14.0	8.7	10.8			
All..	13.4	16.1	8.6	10.4	11.8	13.9	10.7	13.9	16.0	18.3	14.1	15.6	15.4	17.8	9.7	11.7			
Women:																			
19-34..	13.2	11.9	10.7	8.9	11.4	10.2	11.1	8.6	16.0	14.1	13.6	12.4	16.0	14.6	10.7	9.5			
35-50..	14.6	11.3	12.9	7.9	12.6	7.6	11.5	9.5	16.1	13.8	13.7	11.4	15.1	12.8	12.4	8.5			
All..	13.6	11.7	11.3	8.5	11.8	9.2	11.2	9.0	16.0	14.0	13.6	12.0	16.0	13.9	11.2	9.1			

Table 7B.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
-----Percent-----																
Children:																
1-3.....	17.4	21.3	15.0	17.8	15.8	16.2	10.7	14.2	14.4	17.4						
4-5.....	14.8	13.0	13.5	12.1	16.0	14.0	9.6	7.7	13.0	16.5						
All.....	16.4	18.1	14.4	15.5	15.9	15.4	10.2	11.6	13.9	17.0						
Women:																
19-34.....	14.1	12.4	12.8	11.0	13.9	11.6	8.4	7.2	14.1	13.2						
35-50.....	14.0	11.6	12.8	9.8	12.4	8.4	10.9	7.5	12.8	9.0						
All.....	14.1	12.1	12.8	10.6	13.4	10.4	9.2	7.3	13.7	11.6						
	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																
Children:																
1-3.....	12.5	14.7	12.4	15.9	16.9	17.7	11.5	14.1	12.2	15.2	15.7	17.6	11.9	13.4	16.8	20.5
4-5.....	9.4	12.3	10.3	14.3	15.5	16.9	8.6	10.9	10.0	9.8	13.7	14.3	10.1	10.0	13.7	13.1
All.....	11.3	13.8	11.6	15.2	16.4	17.4	10.4	12.9	11.3	13.1	14.9	16.3	11.2	12.1	15.6	17.6
Women:																
19-34.....	11.1	9.7	10.1	9.4	14.9	12.8	11.5	11.7	10.8	9.8	15.9	14.6	10.0	9.1	14.4	13.1
35-50.....	12.1	8.7	9.8	6.2	14.2	9.8	13.8	8.8	11.5	9.0	15.7	12.1	10.9	8.3	15.8	11.7
All.....	11.4	9.3	10.0	8.2	14.7	11.7	12.2	10.6	11.0	9.5	15.9	13.7	10.3	8.8	14.8	12.6

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 8A.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985

Age of Indi- viduals (Years)	Individuals	Individuals Eating Away	Food Energy	Protein	Total Fat	Carbo- hydrate	Vitamin A	Ascorbic Acid	Thiamin
<hr/>									
	<u>Number</u>	<u>Percent</u>							
<hr/>									
Children:									
1-3....	806	29	11.3	10.1	11.1	11.7	8.8	10.3	9.2
4-5....	509	37	15.7	15.1	16.1	15.9	13.7	13.7	14.0
All..	1,314	32	13.0	12.0	13.1	13.3	10.7	11.6	11.0
Women:									
19-34..	1,382	39	18.6	17.8	18.9	18.8	17.0	16.8	17.6
35-50..	738	38	17.6	16.1	17.7	17.9	15.6	16.0	15.4
All..	2,120	39	18.3	17.2	18.5	18.5	16.5	16.5	16.8
<hr/>									
	Riboflavin	Niacin	Vitamin B6	Vitamin B12	Calcium	Phosphorus	Magnesium	Iron	
<hr/>									
	<u>Percent</u>								
<hr/>									
Children:									
1-3....	8.7	10.4	9.2	9.3	8.8	9.6	10.1	10.1	
4-5....	14.4	14.0	13.1	14.6	15.8	15.3	14.7	13.5	
All..	10.9	11.8	10.7	11.3	11.5	11.8	11.9	11.4	
Women:									
19-34..	17.1	17.8	17.2	17.9	17.5	17.7	16.9	17.6	
35-50..	15.4	16.0	16.3	15.9	16.3	16.3	15.9	15.8	
All..	16.5	17.2	16.9	17.2	17.1	17.2	16.5	16.9	

Table 8A.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985--continued

Age of Individuals (Years)	Saturated Fat	Monounsatu- rated Fat	Polyunsatu- rated Fat	Cholesterol	Dietary Fiber			
-----Percent-----								
Children:								
1-3.....	10.7	11.2	12.2	9.5	11.8			
4-5.....	16.2	15.9	16.4	14.6	15.6			
All.....	12.8	13.0	13.8	11.5	13.3			
Women:								
19-34.....	18.8	18.8	19.5	17.2	18.4			
35-50.....	17.6	17.4	18.0	16.2	16.7			
All.....	18.4	18.3	19.0	16.9	17.8			
	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
-----Percent-----								
Children:								
1-3.....	8.0	11.1	11.2	9.3	10.2	11.3	10.9	10.3
4-5.....	13.1	14.7	15.2	13.8	14.3	14.6	15.9	15.3
All.....	10.0	12.5	12.7	11.0	11.8	12.6	12.8	12.2
Women:								
19-34.....	16.6	18.8	18.4	16.8	18.1	17.6	18.4	17.1
35-50.....	15.4	16.0	16.8	16.1	16.1	16.7	16.5	16.2
All.....	16.2	17.8	17.9	16.6	17.4	17.3	17.8	16.8

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 8B.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Indi- viduals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A		Ascorbic Acid		Thiamin		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Number---																			
-----Percent-----																			
Children:																			
1-3....	410	396	24.2	34.3	9.6	13.0	8.6	11.6	9.9	12.4	9.6	13.9	7.4	10.3	8.1	12.5	7.5	10.9	
4-5....	256	252	37.8	35.7	17.0	14.5	16.5	13.8	17.7	14.5	16.7	15.1	14.7	12.6	12.7	14.7	14.2	13.8	
All..	666	648	29.4	34.8	12.5	13.6	11.7	12.4	12.9	13.2	12.3	14.4	10.2	11.2	9.9	13.4	10.1	12.0	
Women:																			
19-34..	630	752	33.5	43.9	15.1	21.5	14.2	20.8	15.1	22.0	15.5	21.5	13.4	20.0	13.7	19.3	14.0	20.5	
35-50..	277	461	28.7	43.1	12.9	20.4	12.1	18.5	12.6	20.7	13.4	20.6	11.1	18.4	11.6	18.6	11.5	17.8	
All..	907	1,212	32.0	43.6	14.4	21.1	13.6	19.9	14.4	21.5	14.9	21.1	12.7	19.4	13.0	19.1	13.2	19.5	
		Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron			
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																			
Children:																			
1-3....	7.5	9.9	8.5	12.4	7.8	10.7	8.2	10.4	7.6	10.0	8.2	11.1	8.1	12.1	8.4	11.8			
4-5....	15.1	13.6	14.8	13.2	13.4	12.8	15.0	14.2	16.7	14.9	16.4	14.3	15.6	13.8	14.3	12.7			
All..	10.4	11.4	10.9	12.7	9.9	11.5	10.8	11.9	11.1	11.9	11.3	12.3	11.0	12.8	10.7	12.2			
Women:																			
19-34..	13.5	20.0	14.3	20.7	14.2	19.8	14.5	20.8	13.6	20.7	14.2	20.6	13.8	19.4	14.1	20.5			
35-50..	11.7	17.6	11.9	18.4	12.0	18.9	11.1	18.7	12.3	18.7	12.2	18.8	12.0	18.2	12.1	18.0			
All..	12.9	19.1	13.6	19.8	13.5	19.4	13.4	20.0	13.2	19.9	13.6	19.9	13.3	18.9	13.5	19.5			

Table 8B.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1985--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
-----Percent-----																
Children:																
1-3.....	9.6	11.7	9.9	12.7	10.6	13.8	8.9	10.1	9.3	14.4						
4-5.....	17.5	14.9	17.7	14.1	18.5	14.2	15.9	13.4	17.1	14.0						
All.....	12.7	13.0	12.9	13.2	13.6	14.0	11.6	11.4	12.3	14.3						
Women:																
19-34.....	15.0	21.9	14.9	21.9	16.0	22.4	13.8	20.0	15.2	21.1						
35-50.....	12.8	20.5	12.6	20.2	12.5	21.4	11.3	19.2	11.8	19.7						
All.....	14.3	21.4	14.2	21.3	15.0	22.0	13.0	19.7	14.2	20.5						
-----Percent-----																
Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium		
FSP :NFSP		FSP :NFSP		FSP :NFSP		FSP :NFSP		FSP :NFSP		FSP :NFSP		FSP :NFSP		FSP :NFSP		
-----Percent-----																
Children:																
1-3.....	6.8	9.2	9.2	13.1	9.6	12.8	7.3	11.4	9.0	11.5	9.2	13.6	9.5	12.4	8.7	11.9
4-5.....	13.9	12.2	15.9	13.6	17.1	13.3	13.9	13.7	15.1	13.5	15.6	13.6	17.1	14.7	16.1	14.4
All.....	9.5	10.4	11.8	13.3	12.5	13.0	9.8	12.3	11.4	12.3	11.7	13.6	12.4	13.3	11.6	12.9
Women:																
19-34.....	13.0	19.4	14.4	22.4	14.5	21.6	13.8	19.3	14.6	20.9	14.6	20.1	14.7	21.4	13.9	19.7
35-50.....	11.2	18.0	10.9	19.1	12.4	19.5	12.0	18.6	12.3	18.3	12.4	19.3	11.8	19.4	11.8	18.9
All.....	12.5	18.9	13.3	21.1	13.9	20.8	13.3	19.0	13.9	19.9	14.0	19.8	13.8	20.6	13.3	19.4
NOTE: see "TABLE NOTES."																
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.																

Table 9A.--Types of Special Diets, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals	Individuals on Special Diets	Type of Diet				
			Low Calorie/ Weight Loss	Low Fat/ Low Cholesterol	Low Salt	Low Sugar/ Sugar Free	Other
	<u>Number</u>		<u>Percent</u>				
Children:							
1-3.....	809	1.5	0.0	7.7	0.0	12.5	79.8
4-5.....	509	1.3	.0	.0	.0	25.8	74.2
All.....	1,318	1.4	.0	5.0	.0	17.2	77.8
Women:							
19-34.....	1,382	9.0	58.6	13.5	15.7	21.9	24.9
35-50.....	738	15.2	55.9	23.8	31.3	24.0	16.4
All.....	2,120	11.2	57.3	18.4	23.1	22.9	20.9

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 9B.--Types of Special Diets, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Type of Diet													
	Individuals		Individuals on Special Diets		Low Calorie/ Weight Loss		Low Fat/ Low Cholesterol		Low Salt		Low Sugar/ Sugar Free		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---							---Percent---						

Children:

1-3.....	410	399	0.8	2.2	0.0	0.0	15.8	4.9	0.0	0.0	48.1	0.0	36.1	95.1
4-5.....	256	252	1.1	1.5	.0	.0	.0	.0	.0	.0	.0	45.4	100.0	54.6
All.....	666	652	.9	1.9	.0	.0	8.3	3.4	.0	.0	25.1	13.5	66.6	83.1

Women:

19-34.....	630	752	8.4	9.5	52.2	63.3	18.5	9.8	24.2	9.4	25.5	19.3	25.8	24.3
35-50.....	277	461	13.8	16.1	55.0	56.4	52.6	9.0	44.3	24.6	27.3	22.3	8.9	20.2
All.....	907	1,212	10.1	12.0	53.4	59.8	32.7	9.4	32.6	17.1	26.2	20.8	18.7	22.2

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 10A.--Use of Vitamin and Mineral Supplements: Percentage
of Individuals Using Supplements, Low-Income
Households, Spring 1985

Age of Individuals (Years)	Individuals	Individuals Using Supplements
	<u>Number</u>	<u>Percent</u>
Children:		
1-3.....	809	47.4
4-5.....	509	44.4
All.....	1,318	46.2
Women:		
19-34.....	1,382	41.6
35-50.....	738	39.9
All.....	2,120	41.0

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by
Individuals, Low Income, 1985.

Table 10B.--Use of Vitamin and Mineral Supplements: Percentage
of Individuals Using Supplements, by Food Stamp
Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	FSP	NFSP	FSP	NFSP

---Number--- -----Percent-----

Children:

1-3.....	410	399	42.9	52.1
4-5.....	256	252	39.8	49.1
All.....	666	652	41.7	50.9

Women:

19-34.....	630	752	34.7	47.4
35-50.....	277	461	32.5	44.4
All.....	907	1,212	34.0	46.3

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by
Individuals, Low Income, 1985.

Table 11.1.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Respondents (Years)	Individuals		Physiological Status				Employment Status							
			Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----											
19-34.....	630	752	6.5	6.5	3.3	3.7	6.9	22.3	8.8	19.5	82.2	56.0	2.1	2.2
35-50.....	277	461	.7	.2	.3	.3	11.8	33.3	13.5	16.0	71.5	49.9	3.3	.7
All.....	907	1,212	4.8	4.1	2.4	2.4	8.4	26.5	10.2	18.2	78.9	53.7	2.5	1.6

Educational Level											
Elementary School or Less		Some High School		High School Completed		College		Not Reported			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----											
19-34.....	8.2	6.5	33.8	20.9	47.8	46.0	10.1	26.6	0.1	0.1	
35-50.....	17.6	14.3	35.7	23.3	36.3	43.8	9.8	18.6	.6	.0	
All.....	11.1	9.5	34.4	21.8	44.3	45.1	10.0	23.5	.2	.1	

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 11.2--Characteristics of the Adult Female Respondents: Physiological Status and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Physiological Status and Age of Respondents (Years)	Race							
	Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---				---Percent---			
Not Pregnant or Lactating:								
19-34.....	568	675	56.8	71.9	29.5	17.0	10.7	8.0
35-50.....	274	458	49.9	69.0	38.2	23.2	9.2	6.0
All.....	842	1,133	54.5	70.7	32.3	19.5	10.2	7.2
Pregnant:								
19-50.....	43	50	52.1	81.0	28.8	7.3	16.3	7.9
Lactating:								
19-50.....	22	29	52.3	90.0	21.1	2.0	26.6	8.0
All Women.....	907	1,212	54.4	71.6	31.9	18.6	10.9	7.2

NOTE: see "TABLES NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985.

Table 11.3.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1985

Physiological Status and Age of Respondents (Years)	Individuals		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		---Percent---							
Not Pregnant or Lactating:										
19-34.....	568	675	70.3	17.0	15.5	44.8	2.9	26.1	11.3	12.1
35-50.....	274	458	71.1	23.1	18.1	47.1	3.4	22.7	7.5	7.1
All.....	842	1,133	70.5	19.5	16.3	45.7	3.1	24.7	10.1	10.1
Pregnant:										
19-50.....	43	50	75.4	21.1	10.8	39.8	.0	24.8	13.8	14.3
Lactating:										
19-50.....	22	29	62.3	10.2	17.7	62.4	.0	22.7	20.0	4.7
All Women.....	907	1,212	70.5	19.3	16.1	45.9	2.9	24.7	10.5	10.1

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 11.4.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1985

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		---Percent---											
Not Pregnant or Lactating:														
19-34.....	568	675	7.5	21.6	25.2	28.7	32.2	26.4	19.5	16.0	8.7	5.0	7.0	2.4
35-50.....	274	458	14.8	19.6	21.7	26.3	21.2	23.9	20.0	21.4	13.1	5.9	9.3	2.9
All.....	842	1,133	9.8	20.7	24.0	27.7	28.6	25.4	19.7	18.2	10.1	5.3	7.7	2.6
Pregnant:														
19-50.....	43	50	16.8	15.5	14.3	45.1	37.9	12.0	15.5	18.0	10.3	7.3	5.2	2.1
Lactating:														
19-50.....	22	29	23.9	13.3	35.2	32.9	29.6	49.8	4.9	4.0	2.2	.0	4.2	.0
All Women.....	907	1,212	10.5	20.4	23.8	28.6	29.1	25.4	19.1	17.8	9.9	5.3	7.5	2.5

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 11.5.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1985

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----														
-----Percent-----														
Not Pregnant or Lactating:														
19-34.....	568	675	33.4	46.5	40.1	36.3	20.3	14.0	5.7	2.6	0.5	0.5	0.0	0.0
35-50.....	274	458	71.4	77.2	20.9	18.2	4.8	4.2	1.7	.5	1.2	.0	.0	.0
All.....	842	1,133	45.8	58.9	33.8	29.0	15.2	10.0	4.4	1.8	.8	.3	.0	.0
Pregnant:														
19-50.....	43	50	32.4	24.0	23.1	55.3	33.4	12.3	11.1	5.7	.0	2.6	.0	.0
Lactating:														
19-50.....	22	29	37.2	15.3	50.5	57.6	10.4	27.0	1.9	.0	.0	.0	.0	.0
All Women.....	907	1,212	44.9	56.4	33.7	30.7	16.0	10.5	4.7	1.9	.7	.4	.0	.0

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 12.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Children (Years)	Individuals		Age of Mother/Caretaker (Years)						Employment Status							
			19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number		Percent													
1-3.....	410	399	19.4	22.2	71.5	67.8	9.1	10.1	2.1	13.4	7.7	12.4	88.5	71.1	1.6	3.2
4-5.....	256	252	11.9	9.7	74.6	71.0	13.5	19.3	7.0	21.6	9.2	21.7	81.3	52.7	2.5	4.1
All.....	666	652	16.5	17.3	72.7	69.0	10.8	13.6	4.0	16.5	8.3	16.0	85.8	63.9	2.0	3.6
	Educational Level															
	Elementary School or Less				Some High School				High School Completed				College		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Percent															
1-3.....	10.7	9.0	36.4	25.9	43.8	39.3	8.9	25.8	0.1	0.0						
4-5.....	9.1	8.4	43.2	18.9	39.5	54.3	8.1	18.4	.0	.0						
All.....	10.1	8.7	39.0	23.2	42.2	45.1	8.6	22.9	.1	.0						

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 13.1.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Age of Male Head (Years)											
	Individuals											
			Under 23		23-34		35-50		51 and Over		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

Children:

1-3.....	410	399	3.8	4.0	28.1	53.5	7.5	21.4	2.2	3.9	58.3	16.6
4-5.....	256	252	1.8	1.3	33.5	49.0	10.4	34.5	1.0	3.0	53.3	11.9
All.....	666	652	3.0	2.9	30.2	51.7	8.6	26.5	1.7	3.5	56.4	14.8

Women:

19-34.....	630	752	2.8	3.9	24.3	43.1	7.2	20.5	2.6	6.6	63.0	25.2
35-50.....	276	461	.0	.5	2.9	3.0	22.4	48.3	6.2	12.4	68.4	35.3
All.....	906	1,212	1.9	2.6	17.8	27.9	11.9	31.0	3.7	8.8	64.7	29.0

Employment Status of Male Head											
Full Time		Part Time		Not Employed		Not Reported		No Male Head			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	15.4	61.3	5.2	6.4	20.7	13.9	0.4	1.8	58.3	16.6
4-5.....	24.9	66.9	4.3	6.7	16.9	14.0	.6	.5	53.3	11.9
All.....	19.1	63.5	4.8	6.5	19.3	13.9	.5	1.3	56.4	14.8

Women:

19-34.....	14.4	51.2	3.8	6.5	17.6	14.5	1.3	2.6	63.0	25.2
35-50.....	11.8	40.1	3.1	4.3	16.6	18.1	.0	2.3	68.4	35.3
All.....	13.6	47.0	3.6	5.6	17.3	15.9	.9	2.5	64.7	29.0

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 13.2.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Educational Level of Male Head													
	Individuals		Elementary School or Less		Some High School		High School Completed		College		Not Reported		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----														
-----Percent-----														
Children:														
1-3.....	410	399	8.4	9.3	10.7	20.7	14.8	31.1	7.5	22.1	0.3	0.3	58.3	16.6
4-5.....	256	252	7.2	9.7	13.2	13.5	18.1	35.6	8.2	29.0	.0	.2	53.3	11.9
ALL.....	666	652	7.9	9.5	11.7	17.9	16.1	32.8	7.8	24.7	.2	.2	56.4	14.8
Women:														
19-34.....	630	752	6.3	9.1	10.1	15.2	16.4	30.3	4.1	19.7	.0	.5	63.0	25.2
35-50.....	276	461	11.4	15.8	6.3	12.5	7.7	26.4	6.0	9.5	.2	.5	68.4	35.3
ALL.....	906	1,212	7.8	11.7	9.0	14.1	13.8	28.8	4.7	15.9	.1	.5	64.7	29.0

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.1.--Distribution of Individuals by Urbanization and by Region, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Individuals		Urbanization					
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number		Percent					
Children:								
1-3.....	410	399	44.1	24.2	32.9	37.5	23.0	38.3
4-5.....	256	252	43.9	25.3	33.1	43.6	23.0	31.1
All.....	666	652	44.0	24.6	33.0	39.9	23.0	35.5
Women:								
19-34.....	630	752	45.5	32.8	30.7	35.1	23.7	32.1
35-50.....	277	461	45.5	29.3	25.2	41.6	29.3	29.1
All.....	907	1,212	45.5	31.5	29.0	37.6	25.4	31.0
	Region							
	Northeast		Midwest		South		West	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Percent							
Children:								
1-3.....	28.0	19.6	20.7	19.7	27.6	42.7	23.7	18.0
4-5.....	26.8	20.2	18.3	17.0	30.5	40.1	24.5	22.7
All.....	27.5	19.9	19.8	18.6	28.7	41.7	24.0	19.8
Women:								
19-34.....	25.5	21.7	25.8	18.2	27.3	39.5	21.4	20.6
35-50.....	30.9	26.0	24.6	23.8	29.2	39.7	15.3	10.5
All.....	27.2	23.3	25.4	20.3	27.9	39.6	19.5	16.8

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.2.--Distribution of Individuals by Urbanization and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	410	399	57.4	73.7	27.4	14.6	12.1	8.6	181	97	40.8	58.6	46.3	34.2	10.5	3.8
4-5.....	256	252	54.9	67.7	28.0	9.2	14.1	16.8	112	64	40.8	42.5	47.2	23.6	10.2	28.5
All.....	666	652	56.4	71.4	27.6	12.5	12.9	11.8	293	160	40.8	52.2	46.6	29.9	10.4	13.6
Women:																
19-34.....	630	752	56.2	73.1	29.3	15.8	11.6	8.0	287	247	40.4	57.7	47.0	33.5	10.1	6.3
35-50.....	277	461	50.1	69.2	37.8	23.1	9.4	5.9	126	135	29.8	48.9	57.1	44.3	10.5	6.5
All.....	907	1,212	54.4	71.6	31.9	18.6	10.9	7.2	413	381	37.2	54.6	50.1	37.3	10.3	6.4
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	135	150	68.2	75.1	15.7	6.7	11.0	13.7	94	153	73.7	82.0	7.9	10.0	16.7	6.7
4-5.....	85	110	63.0	71.5	14.7	7.1	17.1	12.6	59	78	70.3	82.9	10.4	.6	17.4	13.1
All.....	220	260	66.2	73.6	15.3	6.9	13.4	13.2	153	232	72.4	82.3	8.9	6.8	17.0	8.8
Women:																
19-34.....	194	264	69.9	79.0	13.3	6.1	12.7	10.9	149	241	68.9	82.4	15.9	8.4	12.8	6.7
35-50.....	70	192	70.9	72.7	15.4	17.5	10.5	6.5	81	134	63.8	84.5	27.3	9.6	6.8	4.6
All.....	263	456	70.1	76.4	13.8	10.9	12.1	9.0	231	375	67.1	83.1	19.9	8.9	10.7	5.9

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.3.--Distribution of Individuals by Region and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Northeast								Midwest							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	115	78	73.4	76.7	13.5	14.6	10.5	2.6	85	79	65.3	93.5	34.7	2.0	0.0	4.5
4-5.....	69	51	70.3	61.1	18.7	7.7	9.3	19.8	47	43	72.1	93.8	27.9	6.2	.0	.0
All.....	183	130	72.3	70.5	15.5	11.9	10.1	9.4	132	121	67.7	93.6	32.3	3.5	.0	2.9
Women:																
19-34.....	161	163	64.2	76.3	19.9	15.3	12.2	4.4	162	137	66.5	93.7	31.9	6.3	1.7	.0
35-50.....	86	120	51.1	66.2	30.7	23.9	13.0	5.8	68	109	56.0	88.1	44.0	9.5	.0	2.4
All.....	247	283	59.7	72.0	23.7	18.9	12.5	5.0	230	246	63.4	91.2	35.5	7.7	1.2	1.1
	South								West							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	113	171	42.1	67.4	45.2	24.1	10.5	7.0	97	72	49.2	63.9	16.7	5.9	26.4	23.5
4-5.....	78	101	38.6	74.9	46.6	14.0	13.0	9.7	63	57	45.7	41.4	15.0	4.3	31.2	39.2
All.....	191	272	40.7	70.2	45.7	20.3	11.6	8.0	160	129	47.9	53.9	16.0	5.2	28.3	30.4
Women:																
19-34.....	172	297	44.6	68.9	47.4	23.9	6.6	6.4	135	155	49.2	59.6	14.1	9.4	29.1	22.2
35-50.....	81	183	43.8	61.9	50.6	31.1	5.6	6.0	42	48	51.0	61.3	17.8	21.2	24.6	13.7
All.....	253	480	44.4	66.3	48.4	26.6	6.3	6.2	177	203	49.6	60.0	14.9	12.2	28.0	20.2

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.4.--Distribution of Individuals by Household Income and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	0 to 75% Poverty								76 to 130% Poverty								
	Individuals		White		Black		Other		Individuals		White		Black		Other		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Number---		-----Percent-----							---Number---		-----Percent-----						
Children:																	
1-3.....	295	61	51.5	62.2	29.9	22.4	14.6	12.0	55	211	80.6	73.9	15.6	16.5	2.8	7.3	
4-5.....	183	61	51.2	53.2	29.6	15.3	15.6	23.0	38	117	68.0	70.7	18.5	7.0	12.0	20.1	
All.....	478	122	51.4	57.7	29.8	18.9	15.0	17.5	94	328	75.4	72.8	16.8	13.1	6.6	11.9	
Women:																	
19-34.....	443	127	50.1	61.1	32.3	21.1	13.7	13.3	97	341	77.0	69.7	17.5	19.8	4.9	8.6	
35-50.....	197	107	46.4	57.4	42.2	31.8	8.9	4.5	50	216	57.6	71.0	32.1	22.2	8.7	6.6	
All.....	640	234	49.0	59.4	35.3	26.0	12.2	9.3	146	556	70.4	70.2	22.5	20.7	6.2	7.8	
Over 130%								Income Not Reported									
Individuals		White		Black		Other		Individuals		White		Black		Other			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
---Number---		-----Percent-----							---Number---		-----Percent-----						
Children:																	
1-3.....	10	87	93.4	88.6	6.6	7.8	0.0	2.9	49	41	59.1	58.5	29.8	7.7	10.0	22.4	
4-5.....	9	50	92.8	84.9	7.2	9.2	.0	1.9	26	24	48.2	54.2	37.9	4.6	11.9	15.7	
All.....	19	137	93.1	87.3	6.9	8.3	.0	2.6	75	66	55.4	56.9	32.6	6.5	10.7	19.9	
Women:																	
19-34.....	17	194	71.9	89.5	28.1	7.5	.0	1.2	73	90	62.5	67.8	26.6	11.3	10.3	13.1	
35-50.....	9	105	37.7	85.2	31.8	12.0	18.3	2.2	22	32	71.8	43.8	13.7	36.2	12.2	18.2	
All.....	26	299	59.8	88.0	29.4	9.1	6.5	1.5	95	123	64.6	61.4	23.6	17.9	10.7	14.4	

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.5.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	37	13	77.1	75.8	19.8	16.0	3.2	8.2
4-5.....	0	0	.0	.0	.0	.0	.0	.0	21	5	75.9	64.8	15.7	10.7	7.4	14.6
All.....	0	0	.0	.0	.0	.0	.0	.0	59	18	76.6	72.8	18.7	14.6	4.7	9.9
Women:																
19-34.....	10	31	73.1	75.0	22.1	23.5	.0	1.6	100	98	65.9	84.5	24.2	11.5	9.4	3.3
35-50.....	15	25	80.9	87.1	14.0	8.2	.0	4.7	35	52	62.5	63.2	27.7	34.9	8.4	.0
All.....	25	56	77.8	80.5	17.2	16.5	.0	3.0	136	150	65.0	77.1	25.1	19.7	9.1	2.1
	Number of Household Members															
	3								4							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	93	71	53.5	74.4	31.4	16.5	12.7	6.2	107	126	54.3	81.8	33.1	11.3	9.7	5.7
4-5.....	53	25	56.2	57.5	24.5	6.3	19.3	34.2	47	83	59.1	71.9	30.6	10.5	5.0	17.6
All.....	145	96	54.5	70.0	28.9	13.8	15.1	13.6	154	208	55.7	77.9	32.3	11.0	8.2	10.5
Women:																
19-34.....	171	161	54.7	74.8	32.0	15.2	10.7	8.0	158	228	57.0	77.2	32.5	15.0	8.1	6.7
35-50.....	55	89	39.2	75.8	50.6	21.7	5.6	2.5	55	126	62.1	63.4	25.0	22.8	11.0	9.9
All.....	226	250	51.0	75.2	36.5	17.5	9.5	6.1	213	354	58.3	72.3	30.6	17.8	8.9	7.8

Table 14.5.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households.
Spring 1985--continued

Age of Individuals (Years)	Number of Household Members															
	5								More Than 5							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----		-----Number-----		-----Percent-----		-----Number-----		-----Percent-----		-----Number-----		-----Percent-----	
Children:																
1-3.....	77	107	72.7	62.1	14.8	18.9	11.2	11.8	96	83	44.6	75.6	30.2	12.2	18.6	10.9
4-5.....	53	80	55.4	66.7	29.4	10.6	15.2	8.8	82	59	46.0	67.7	30.6	6.8	17.0	19.1
All.....	130	187	65.7	64.1	20.7	15.4	12.8	10.5	178	142	45.3	72.3	30.4	9.9	17.9	14.3
Women:																
19-34.....	72	140	61.2	66.4	20.7	16.4	16.6	9.1	118	95	44.8	57.8	31.0	20.0	17.1	16.6
35-50.....	42	107	51.7	72.5	40.3	21.3	6.3	5.0	75	60	36.4	63.2	46.2	24.7	15.2	10.1
All.....	114	247	57.7	69.1	27.9	18.5	12.8	7.3	193	155	41.5	59.9	36.9	21.8	16.4	14.1

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.--Household Size and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1985

Number of Household Members	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		---Percent---							
1.....	25	56	64.4	20.0	26.0	28.4	1.8	41.8	7.9	9.9
2.....	132	141	61.8	20.2	26.6	32.3	3.1	26.1	8.5	21.4
3.....	217	227	66.8	11.9	16.0	46.1	2.4	35.4	14.7	6.6
4.....	201	328	74.2	20.0	13.4	46.3	2.7	26.7	9.7	7.0
5.....	102	219	69.0	17.7	18.8	52.9	7.6	18.4	4.5	11.0
More Than 5.....	144	123	77.1	24.7	10.2	53.1	.5	14.0	12.2	8.1
All Households..	821	1,094	69.8	18.4	16.7	45.6	2.9	26.1	10.6	9.9

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 16.1.--Household Composition and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985

Household Composition	Households		Race					
			White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----					
Male Head and Female Head:								
Children.....	269	707	68.3	75.9	18.4	13.0	10.4	8.0
No Children.....	23	99	70.1	74.9	25.2	20.7	4.7	1.6
Female Head Only: 1								
Children.....	487	195	49.9	59.4	36.4	32.2	11.2	6.0
No Children.....	42	93	57.2	78.1	35.0	18.9	2.1	2.3
All Households.....	821	1,094	56.8	73.1	30.2	17.6	10.3	6.6

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 16.2.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1985

Household Composition	Households		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----											
Male Head and Female Head...	292	806	11.2	15.0	19.1	26.7	27.3	29.6	18.4	20.0	14.4	5.7	9.7	3.1
Female Head Only.....	529	287	10.1	33.8	27.2	30.1	30.7	16.8	19.8	13.7	7.3	5.0	5.0	.6
All Households.....	821	1,094	10.4	20.0	24.3	27.6	29.5	26.2	19.3	18.3	9.8	5.5	6.6	2.4

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 16.3.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1985

Household Composition	Households		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----											
Male Head and Female Head...	292	806	39.0	50.1	32.0	35.4	20.3	11.6	8.2	2.3	0.5	0.6	0.0	0.0
Female Head Only.....	529	287	48.0	73.1	35.2	19.7	13.9	6.8	2.5	.4	.3	.0	.0	.0
All Households.....	821	1,094	44.8	56.2	34.0	31.2	16.2	10.3	4.5	1.8	.4	.4	.0	.0

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 16.4.--Household Composition and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1985

Household Composition	Household Income as Percentage of Poverty									
	Households									
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---										
---Percent---										
Male Head and Female Head:										
Children.....	269	707	62.7	15.2	20.3	49.7	5.1	28.1	12.4	7.6
No Children.....	23	99	46.8	20.3	30.4	34.2	6.0	26.5	16.8	19.1
Female Head Only:										
Children.....	487	195	77.5	31.2	12.9	42.9	1.1	14.7	9.7	11.2
No Children.....	42	93	63.0	19.4	30.1	32.7	8.3	34.7	5.8	14.4
All Households.....	821	1,094	71.0	18.9	16.7	45.6	2.9	26.1	10.6	9.9

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 17.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1985

Characteristics of Male Head	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---										
-----Percent-----										
Age (Years):										
Under 23.....	17	31	60.0	18.3	25.7	41.8	0.0	22.4	14.3	17.5
23-34.....	149	334	62.9	12.6	20.7	45.5	5.2	35.4	11.2	7.0
35-50.....	99	345	61.6	17.2	20.3	49.5	6.1	23.4	13.5	10.5
51 and Over.....	26	89	53.2	21.8	23.7	51.2	5.3	20.9	17.9	6.1
Not Reported.....	1	7	100.0	13.2	.0	54.8	.0	.0	.0	32.1
Employment Status:										
Full Time.....	114	541	63.3	13.7	23.9	50.3	4.8	29.3	8.0	7.4
Part Time.....	30	65	41.3	17.6	28.6	52.1	9.1	16.9	21.1	13.4
Not Employed.....	140	175	66.2	23.4	18.5	42.3	4.4	29.0	12.0	5.3
Not Reported.....	8	26	30.2	3.9	.0	22.3	9.5	17.4	60.3	56.4
Education Level:										
Elementary School or Less...	57	124	48.1	19.7	25.6	47.1	4.3	12.4	22.1	20.8
Some High School.....	79	158	71.1	18.6	13.2	50.8	6.5	23.9	9.2	7.6
High School Completed.....	116	333	60.1	13.7	24.6	49.0	3.6	32.3	13.0	5.3
College.....	39	186	65.5	14.8	20.7	44.3	8.5	33.3	5.2	8.2
Not Reported.....	1	5	100.0	10.0	.0	18.6	.0	35.4	.0	36.0
No Male Head.....	530	287	76.3	27.4	14.3	39.6	1.7	21.2	9.4	12.2

NOTE: see "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

General notes:

- (1) The number of individuals in each age group may not sum to the number in the ALL row because of rounding of fractional weighting factors.
- (2) FSP and NFSP designate participants and non-participants, respectively, in the Food Stamp Program.
- (3) The number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.

TABLES 1.1-A1 to 1.1-B2--MEAT, POULTRY, FISH

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats.

Organ meats--Includes liver, heart, kidney, and other variety meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat,

poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.2-A1 TO 1.2-B2--MILK AND MILK PRODUCTS;
EGGS; LEGUMES, NUTS, SEEDS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents (the amount, in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported food). Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated,

and condensed milk; buttermilk; goat's milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Calcium equivalent--Quantity (in grams) of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.3-A1 TO 1.3-B2--VEGETABLES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables, such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables, such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food

vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.4-A1 TO 1.4-B2--FRUITS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total fruits--Includes citrus fruits and juices, dried fruits, and other fruits, mixtures that are mainly fruits, and fruit juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades, such as lemonade, which are tabulated under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice,

apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices, such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruits; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices other than citrus and baby-food noncitrus juices. Excludes noncitrus fruit drinks and ades, which are tabulated under fruit drinks and ades.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.5-A1 TO 1.5-B2--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having grain as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats; cooking fats, such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.6-A1 TO 1.6-B2--BEVERAGES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, non-carbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes near beer.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and near beer.

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, and/or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix or frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and near beer and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes near beer and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 2.1A TO 2.4B--NUTRIENT INTAKES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

All low-income--Includes 325 women and 156 children in households with income for the previous year of over 130 percent of poverty and 218 women and 140 children in households that did not report income.

Dietary fiber--Represents total dietary fiber. Includes both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums and pectin).

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

TABLES 3.1A TO 3.4B--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances--See Appendix C.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

Vitamin A--Based on intakes expressed as international units (IU) to permit comparison with data from NFCS 1977-78. Appendix C provides RDA for vitamin A expressed as IU and as RE.

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

All low-income--Includes 325 women and 156 children in households with income for the previous year of over 130 percent of poverty and 218 women and 140 children in households that did not report income.

TABLES 4A TO 4B--NUTRIENT INTAKES PER 1,000
KILOCALORIES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

TABLES 5A TO 5B--NUTRIENT SOURCES OF FOOD
ENERGY

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

TABLES 6A TO 6B--FREQUENCY OF EATING

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

(*)--Value less than 0.5 but more than 0.

TABLES 7A TO 7B--NUTRITIVE CONTRIBUTION OF
SNACKS

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

TABLES 8A TO 8B--NUTRITIVE CONTRIBUTION OF
FOOD OBTAINED AND EATEN AWAY FROM HOME

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes four breast-fed children; includes two women with zero intakes.

TABLES 9A TO 9B--SPECIAL DIETS

Individuals--Includes four breast-fed children; includes two women with zero intakes.

Type of special diet--Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet.

Percent--Multiple types could be reported. Therefore, columns under type of diet may not sum to 100 percent.

TABLES 10A TO 10B--USE OF VITAMIN AND MINERAL SUPPLEMENTS

Use--Includes both regular and occasional use of vitamin and/or mineral supplements.

Individuals--Includes four breast-fed children; includes two women with zero intakes.

TABLE 12--CHARACTERISTICS OF THE CHILDREN'S MOTHER/CARETAKER

Individuals--Includes four breast-fed children; includes two women with zero intakes.

TABLE 13--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD

Individuals--Includes four breast-fed children; includes two women with zero intakes.

TABLES 14.1 TO 14.5--DISTRIBUTION OF INDIVIDUALS BY SELECTED HOUSEHOLD CHARACTERISTICS

Individuals--Includes four breast-fed children; includes two women with zero intakes.

Race--Excludes individuals for whom race was not reported.

TABLES 16.1 TO 16.4--HOUSEHOLD COMPOSITION AND SELECTED HOUSEHOLD CHARACTERISTICS

Race--Excludes households for which race was not reported.

Age--Calculated from date of birth as reported by the household informant.

Alpha-tocopherol equivalent--See "Vitamin E."

Calcium equivalent--The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

- (1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

- (2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor-- $57 \text{ g} \times 6.06 = 345 \text{ g}$. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk).

Carotenes--Beta-carotene and other provitamin A carotenoids (see Vitamin A).

Central city--See "Urbanization."

Dietary fiber--Total dietary fiber including both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary intake--See "Food intake."

Eating occasion--Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level--Adult respondents were categorized according to the highest grade of formal schooling they completed: (a) none, never attended; (b) elementary--grades 1 to 8; (c) high school or high school equivalency--1 to 4 years; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status--Employment includes any work done during the week prior to the interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household--Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Folacin--Total folate activity.

Food group--See "Table Notes" for descriptions of the various food groups and subgroups.

Food intake--All beverages (except water) and foods ingested by the respondent. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home--Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Food Stamp Program status--Based on response of the household informant to the following questions: "Did this household receive any Government food stamps this month?" or "Did this household receive any food stamps last month?"

Home food supply--Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household--All individuals who regularly occupied a house, an apartment, or a room or group of rooms that constituted a housing unit. Included persons temporarily absent, such as those who were in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant--The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the female head of household.

Household size--Number of individuals in a household. See "Household."

Income--Household informant's estimate of the total income from all sources before taxes of all household members in 1984. Called "household income."

Lactating female--A respondent who at the time of the interview was breast-feeding a child born since January 1, 1982.

Male head of household--Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer--Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest--See "Region."

Mother/caretaker--The mother or guardian of a child respondent or the person most responsible for that child.

Niacin--Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas--See "Urbanization."

Northeast--See "Region."

Nutrient density--Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See "Methodology" (Appendix A) for information on the nutrient data base.

One-day dietary recall--A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Poverty--See "Methodology" (Appendix A) for explanation of how percentage of poverty level was determined.

Pregnant female--A respondent who at the time of the interview answered, "Yes" to the question, "Are you pregnant?"

Race--Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (3). Intakes below RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The RDA for the various sex-age groups are given in Appendix C. Data for 1977 (Appendix B) and 1985 are compared with the 1980 RDA.

Region--An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin;

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia;

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents--See "Vitamin A."

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South--See "Region."

Spring--April, May, and June.

Suburban areas--See "Urbanization."

Supplements--Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Urbanization--Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User--Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A--Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE

equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E--Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram alpha-tocopherol, 2 milligrams beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among the primary sampling units and among individuals of similar ages. See "Methodology" (Appendix A) for a further discussion.

West--See "Region."

Sample Design

The CSFII 1985 low-income sample was drawn from all private households in the conterminous United States that had income for the previous month at or below 130 percent of the poverty guidelines (2) and contained one or more women who were 19 to 50 years of age at the time of initial contact. The survey was designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the 9 census geographic divisions; then, all land areas within the divisions were divided into 3 urbanization classifications: central city, suburban, and nonmetropolitan (see Glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as reported by the Bureau of the Census. The distribution of these strata is shown below:

<u>Census region and division</u>	<u>Central city</u>	<u>Suburban</u>	<u>Nonmetro- politan</u>
-----Number of strata-----			
Northeast:			
New England	1	1	1
Middle Atlantic	3	5	1
Midwest:			
East North Central	3	6	2
West North Central	1	1	2
South:			
South Atlantic	2	5	3
East South Central	1	1	2
West South Central	2	3	2
West:			
Mountain	1	1	1
Pacific	3	5	1
Total	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units, called primary sampling units (PSU), based on political, economic, and demographic characteristics, and/or geographical proximity. Two PSU were selected to represent each of the 60 strata for a total of 120 PSU. Each PSU was selected with a probability proportional to its estimated size based on 1985 population estimates.

To increase the probability of locating low-income households within each PSU, a disproportionate sample of smaller clusters, called area segments, was drawn. Area segments were divided geographically along census boundaries and contained a minimum of 100 housing units. A two-step selection process was used to identify sample area segments. First, 700 area segments were chosen with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU. Each of the 700 segments was then assigned to one of 3 poverty strata according to the proportion of the population in the segment at or below 125 percent of the poverty guidelines. (This poverty cut-off was the closest published figure to the 130 percent target sought for the CSFII.) Second, using a higher sampling rate to select area segments in strata containing larger poverty populations, a total of 336 segments were drawn into the final sample by systematic random sampling procedures. The following table shows the distribution of the initially sampled segments, those included in the final draw, and the sampling rate associated with each of the three poverty strata.

<u>Poverty stratum</u>	<u>Segments initially sampled</u>	<u>Segments subsampled</u>	<u>Sampling rate</u>
----- <u>Number</u> -----			
Less than 10% of population at or below 125% of poverty	225	56	0.25
10-24% of population at or below 125% of poverty	325	130	0.40
25% or more of population at or below 125% of poverty	150	150	1.00
All strata	700	336	

The 336 area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. A systematic random sample of housing units was identified for contact in each area segment. The number of sample housing units was about equal in each segment. Approximately 21,787 sample housing units were identified. Of these, 2,250

were not occupied at the time of field contact, and 4,298 were not screened because the occupants refused or could not be found at home or for other reasons.

The remaining 15,239 households were screened to determine the previous month's income, the number of people in the household, and the presence or absence of age-eligible women. Those households meeting the income criterion and containing at least one woman 19 to 50 years of age were drawn into the final sample, and interviews were attempted with all age-eligible women residing in the household. Of the 15,239 households screened, 2,176 were eligible to participate in the survey. Of these, 1,916 or 88 percent participated.

Sample Weights

Because area segments were disproportionately sampled, a weight was applied to each segment to adjust for the different sampling rates. In addition to the segment weight, household and individual weighting factors were applied to data from completed intake records to adjust for sources of nonresponse--not all eligible households participated, not all eligible women and children in eligible households were interviewed, and not all interviews yielded complete dietary information. Weighting procedures involved the following steps:

- (1) The segment weight was the inverse of the segment's probability of selection.
- (2) Household weights for each area segment were determined by estimating the total number of eligible occupied households and dividing this number by the actual number of interviewed

households in the segment. This factor times the segment weight was the household weight.

- (3) Separate weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis across all households in a segment. All eligible children in participating households were divided into two age groups: those 2-1/2 years or under and those over 2-1/2 years. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible women and the number of participating women in each household were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the women in that particular household who did participate received initial

weighting factors that summed to the number of eligible women in that household.

- (4) The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals by sample weighting groups for the first food intake interview are shown below:

	Unweighted count	Weighted count
Children:		
2½ years or under	321	344
Over 2½ years	849	974
Women:		
19-50 years	2,081	2,120
All individuals	3,251	3,438

Data Collection

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. Households without telephones received a minimum of six personal visits (five in rural areas). At each household, the interviewer conducted a screening interview to determine if the household was eligible to participate.

Eligible households contained at least one woman 19 through 50 years of age and had an income at or below 130 percent of the 1985 poverty guidelines during the previous month. The guidelines are based on household size (see section in this appendix on Data Presentation). In eligible households, all women 19 to 50 years of age and their children ages 1 through 5, if any, were invited to be interviewed and to participate in a year-long survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 individual days of intake data separated by intervals of approximately 2 months.

For the 1,916 low-income households containing at least one age-eligible woman that participated and provided useful data, a total of 2,120 women and 1,314 children satisfactorily completed the first CSFII 1985 food intake interview.

The interviewing process included two major steps: (1) the collection of information about the household and (2) the collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit, to complete the household schedule first and then the required intake records, and to obtain intake data about a woman and her children for the same 24-hour period. The contractor provided instructions on what to do if deviation from this pattern was necessary.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a

household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

Information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head was not age-eligible, interviewers collected data on household characteristics from the age-eligible woman who was the main meal planner/preparer or the age-eligible woman who could best answer questions about the household. Household characteristics included the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of household; household size; tenancy; usual amount spent on food; and each household member's sex, age, and relationship to the female head of the household.

Each woman interviewed provided information on her own food intake as well as that of her children. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/ preparer was asked about the use of fat (including type) and salt in food preparation and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home.

A food instruction booklet, developed by National Analysts, was used by the interviewer to help

respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Respondents kept the cups, spoons, and ruler for use during subsequent interviews. Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, education, use of special diets, and use of vitamin and mineral supplements. Information on children's special diets and use of supplements was provided by their mother/caretaker. Children were assigned the race of their mother/caretaker.

Eligible households were scheduled for interview to provide representativeness of intake data by day of the week. The distribution of intake data by day of the week for all women and children is as follows:

<u>Day of week of reported intake</u>	<u>Acceptable dietary forms collected</u> <u>Percent</u>
Sunday.....	17.0
Monday.....	17.6
Tuesday.....	17.8
Wednesday.....	14.9
Thursday.....	14.3
Friday	13.7
Saturday	4.6*

* Many participants were reluctant to be interviewed on a Sunday.

Data Processing

Completed schedules were coded by the contractor using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (4). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. Items that could not be coded by the contractor using information available were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of edible portions of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes. The nutrient data base includes values for food energy and 29 nutrients

and other dietary components.¹ The sources of these values are the USDA Nutrient Data Base for Standard Reference (5) and the USDA Nutrient Data Bank (6). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value represents purely beta-carotene or whether it includes other

¹The nutrient data base developed for CSFII 1985 contains 14 nutrients that were also part of the data base for the NFCS 1977-78: protein, total fat, carbohydrate, vitamin A (as international units), ascorbic acid, thiamin, riboflavin, niacin, vitamin B₆, vitamin B₁₂, calcium, phosphorus, magnesium, and iron. Additional nutrients and dietary components included for the first time in 1985 are saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, alcohol, carotenes, vitamin E, folacin, zinc, copper, sodium, potassium, and moisture (water). The CSFII 1985 nutrient data base also includes vitamin A expressed as retinol equivalents.

carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist. The tables in this report present values for vitamin A expressed in two ways, IU and RE. Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. Individuals' heights and weights were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (7) and Table Producing Language (8).

Food intakes--The data on food intakes presented in Tables 1.1-A1 to 1.6-B2 are arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup of foods identified in the column head, the quantities reported for each individual at each eating occasion were totalled, and a group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include both users and nonusers. The 1985 data include two women with zero intakes for the day. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group, expressed as a decimal. For example, the mean intake per user of beef by low-income women 19 to 50 years of age in 1985 can be determined as follows:

$$\frac{26 \text{ grams beef (from Table 1.1-A1)}}{.232 \text{ (23.2 percent from Table 1.1-A2)}} = 112 \text{ grams of beef per user}$$

Nutrient intakes--The nutrient intakes by individuals presented in Tables 2.1A to 2.4B do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Nutrient intakes and RDA--The nutritive values of food intakes as percentages of the RDA were derived using the 1980 RDA for a person of the appropriate sex and age (3). Mean percentages for each age group were calculated. The RDA are listed in Appendix C.

Energy sources--The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group means. The general factors 4, 9, and 4 give estimates for a typical mixed diet (9). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Income levels--To obtain a sample of households that could have met the income criterion for FSP participation at the time of data collection, households were screened for survey eligibility using a general question on household income for the previous month. The CSFII also included a more detailed question on the previous year's income. Annual income is a better

indicator of a household's general level of living than monthly income; annual income is used in this report to classify data.

The income levels in this report were calculated by expressing each household's income before taxes for the previous year as a percentage of the poverty guidelines for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guidelines. The guidelines, provided by the U.S. Department of Health and Human Services (2), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines are as follows:

<u>Household size</u>	<u>1985 poverty guidelines</u>	<u>1977 poverty guidelines</u>
1	\$ 5,250	\$2,970
2	7,050	3,930
3	8,850	4,890
4	10,650	5,850
5	12,450	6,810
6	14,250	7,770
7	16,050	8,730
8	17,850	9,690

For households with more than eight members, \$1,800 was added for each additional member in 1985 and \$960 for each additional member in 1977.

In 1985, of the households that were eligible for the CSFII when they were screened (based on the previous month's income), 309 households had incomes for the previous year that exceeded 130 percent of the poverty guideline, and 195 households did not report income for the previous year. The distribution of FSP and NFSP households in 1985 by last month's income and by last year's income is presented below:

<u>Income (percent of poverty)</u>	<u>Last month's income</u>		<u>Last year's income</u>	
	<u>FSP</u>	<u>NFSP</u>	<u>FSP</u>	<u>NFSP</u>
	<u>-----Percent-----</u>			
Under 76%.....	76.3	20.5	69.8	18.4
76-100%	17.7	31.0	11.1	16.1
101-130%	6.0	48.5	5.6	29.6
Over 130%0	.0	3.0	26.1
Not reported0	.0	10.6	9.9

Low-income households surveyed as part of the CSFII 1985 had a median income (based on the previous year's income before taxes) that was 82 percent of the poverty guideline. The medium income for the previous year of households that participated in the Food Stamp Program (FSP) was 56 percent of the poverty guideline, whereas that of nonparticipating (NFSP) households was 112 percent.

Snacks and food away from home--Dietary data used in calculating the mean percentage contributions of snacks (see Glossary) to the day's intakes of food energy and

nutrients include intakes by all individuals, whether or not they reported snacks. For each individual, the amount of each nutrient obtained from snacks was expressed as a percentage of that individual's intake of that nutrient for the entire day. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean. The nutrient contribution of foods obtained and eaten away from home was calculated in a similar manner.

Users of USDA's food consumption surveys have expressed considerable interest in dietary changes over the past decade. The information in this appendix is provided for those persons interested in comparing data collected in 1985 with data collected in 1977. Conclusions about increases or decreases in the intake of certain foods and nutrients should be made with an understanding of changes in data collection procedures, probing techniques, and food composition data. Also, changes in food stamp regulations between 1977 and 1985 may have affected food consumption by the low-income population.

Methodology, 1977 and 1985

The 1977 and the 1985 data selected for comparison are for women and children living in households with reported income for the previous year at or below 130 percent of the poverty guidelines (2). The 1985 data in this appendix are for a subsample of the CSFII 1985 data presented in the body of this report. The subsampling was necessary to obtain data that could be compared to 1977. The 1977 data are from the NFCS 1977-78 basic survey. The basic survey should not be confused with the special surveys of low-income households conducted November 1977 through March 1978 and November 1979 through March 1980. Although the low-income surveys involved larger numbers of low-income households than did the NFCS 1977-78 basic survey, they were designed to collect information from households eligible for the Food Stamp Program rather than from the low-income population in general.

The sampling procedures for the CSFII 1985 and the NFCS 1977-78 were similar. Samples in both surveys

were designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The 1977 data were selected from the NFCS 1977-78 basic sample, which included households of all incomes and individuals of all ages. The 1985 data were selected from the CSFII 1985 low-income sample; eligibility for the sample was based both on household income and on the presence of a woman 19 to 50 years of age. The sample of low-income households in the CSFII was identified using disproportionate sampling of area segments. This procedure resulted in a larger sample of low-income households in the CSFII 1985 than in the NFCS 1977-78.

One-day dietary intake data was collected by personal interview in both 1977 and 1985. Interviewing for the CSFII 1985 began in April and continued into June of 1985. NFCS 1977-78 data were collected in the spring quarter of 1977 (April through June). In 1977, an extensive household food use survey preceded the individual intake survey. Participants received an introductory letter a week before initial contact by the interviewer and were asked to keep some notes on the foods used in the household for the 7-day period preceding the interview. Although these notes were intended to help recall foods brought into the home and used by the entire household, they may have aided some individuals in recalling food eaten the day before the interview. In 1985, the survey included data collection on individual intakes only. No advance notice of the survey was given.

The 1985 questionnaire contained some questions not asked in 1977. These included questions about the use of salt and fat in the preparation of food and about the form of the food when it entered the home

(all of which were asked only of the main meal planner/preparer about food from the home food supply); and a series of questions that probed for foods that might have been forgotten, such as snack foods, beverages, foods eaten or tasted while preparing meals or cleaning up, and items added to food at the table, such as mustard, butter, and sugar.

Interviewers received more training in 1985 than in 1977 in probing for detailed information about food items such as fat on meat or skin on chicken and brand names of processed food items. The food instruction booklet (used by interviewers in both 1977 and 1985 to guide the dietary recall) was revised to improve descriptions of food items and appropriateness of measures used in reporting amounts.

Data on race were collected differently in 1985 than in 1977. In 1985, each age-eligible woman was asked: "Do you consider yourself to be white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or something else? (Specify____)." Children were assigned the same race as their mother/caretaker. In 1977, the race of the household informant was observed by the interviewer and was recorded as white, black, or other, and the race of this person was assigned to all household members.

Food Coding--The food coding system used for the NFCS 1977-78 was revised for the CSFII 1985. The revisions to the coding system generally fall into the following categories:

- (1) Addition of new products and elimination of products no longer marketed.
- (2) Elimination of products reported infrequently in the 1977-78 survey.
- (3) Addition of new codes to provide more detailed specifications.
- (4) Deletion of product distinctions where the level of detail was more than the respondent might reasonably be expected to know, such as whether breads were made with enriched flour.
- (5) Combination under a single food code of items that were previously coded separately, such as several varieties of fish having very similar nutrient composition values.
- (6) Separation of certain foods coded as mixtures in 1977-78, such as coffee with cream, into their component parts.
- (7) Modification of food code descriptions to clarify the contents of mixtures, such as whether the mixture contained a vegetable high in vitamin A and whether a sauce was part of the mixture.
- (8) Separation into multiple codes of some similar foods coded together in 1977-78, such as low-sodium and regular products.
- (9) Refinement of recipes used for coding food mixtures. For example, many recipes containing butter in 1977 were changed to contain margarine in 1985.

- (10) Implementation of a system in 1985 to accommodate responses to the new questions asked of the main meal planner/preparer on use of salt and fat in food preparation. A response that salt or fat was added to an item in cooking was translated into an assumed amount of salt or fat included in the recipe and was coded accordingly. Fat was coded by type. (These codes were used only for the individual providing the information, not for other household members.)
- (11) Revision of gram equivalents used to translate household measures of food intake into grams using new, improved data.

Nutrient Data Base--Nutrient intakes in 1977 reflect the data on the nutrient content of food at the time of the earlier survey. Nutrient intakes in 1985 reflect data of improved quality, as well as changes in nutrient content of foods attributable to new varieties and species and new enrichment and fortification levels. Major changes are as follows:

- (1) The data base for magnesium and vitamins B₆ and B₁₂ is more reliable; values for many of the foods for which data existed before are now based on more analyses, and many additional foods are now covered. This improved data base may contribute to either apparent increases or apparent decreases in amounts of these nutrients in foods.
- (2) Calcium values are higher in some breakfast cereals because more calcium has been added.

- (3) Phosphorus values for some foods are higher because of added phosphorus compounds. For example, bacon now has phosphate added to reduce shrinkage during cooking. Phosphorus in several breakfast cereals increased as more calcium was added in the form of calcium phosphate.
- (4) Iron values are higher for white flour, white bread, and other products made with white flour because of a change in enrichment standards. Iron values in the data base for meat and for milk-based infant formulas are lower because of improved data. Iron values for dried fruit are lower partly because the data are better and partly because the moisture content of the dried fruit is higher.
- (5) Vitamin A values are higher for carrots, sweet-potatoes, and other deep-yellow vegetables because of the development of new varieties that are more intense in color and have a higher content of vitamin A. Values in the data base for fruits are lower because of improved data.

Guide to Appendix Tables

Table Number	Table Title	Page
	<u>Food intakes: Mean per individual in a day and percentage of individuals using, low-income households, spring 1977 and spring 1985 (Tables 1.1-1 to 1.6-2)</u>	
1.1-1 to 1.1-2	Meat, poultry, fish	148
1.2-1 to 1.2-2	Milk and milk products; eggs; legumes, nuts, seeds	150
1.3-1 to 1.3-2	Vegetables	152
1.4-1 to 1.4-2	Fruits	154
1.5-1 to 1.5-2	Grain products; fats and oils; sugars and sweets	156
1.6-1 to 1.6-2	Beverages	158
	<u>Nutrient intakes: Mean per individual in a day, low-income households, spring 1977 and spring 1985 (Tables 2.1 to 2.2)</u>	
2.1	By income level	160
2.2	By race	162
	<u>Nutrient intakes as percentage of 1980 Recommended Dietary Allowances: Mean per individual in a day, low-income households, spring 1977 and spring 1985 (Tables 3.1 to 3.2)</u>	
3.1	By income level	164
3.2	By race	166
4	<u>Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, low-income households, spring 1977 and spring 1985</u>	168

Table Number	Table Title	Page
5	<u>Food energy from protein, fat, and carbohydrate: Mean per individual in a day, low-income households, spring 1977 and spring 1985</u>	169
6	<u>Frequency of eating: Percentage of individuals reporting specified number of eating occasions in a day, low-income households, spring 1977 and spring 1985</u>	170
7	<u>Nutritive contribution of snacks: Percentage of nutrient intake per individual in a day, low-income households, spring 1977 and spring 1985</u>	171
8	<u>Nutritive contribution of food obtained and eaten away from home: Percentage of nutrient intake per individual in a day, low-income households, spring 1977 and spring 1985</u>	172
9	<u>Types of special diets: Low-income households, spring 1977 and spring 1985</u>	173
10	<u>Use of vitamin and mineral supplements: Percentage of individuals using supplements, low-income households, spring 1977 and spring 1985</u>	174

Table Number	Table Title	Page
	<u>Distribution of individuals by selected household characteristics: low-income households, spring 1977 and spring 1985 (Tables 11.1 to 11.5)</u>	
11.1	By urbanization and by region	175
11.2	Race by urbanization	176
11.3	Race by region	177
11.4	Race by household income	178
11.5	Race by household size	179
12	<u>Household size and household income, low-income households, spring 1977 and spring 1985</u>	181
13	<u>Characteristics of the household's male head and household income as a percentage of poverty, low-income households, spring 1977 and spring 1985</u>	182

Appendix B: Table 1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---Number---												
-----Grams-----												
Children:												
1-3.....	82	622	102	105	13	14	8	9	0	1	0	(*)
4-5.....	77	399	131	118	22	16	3	11	(*)	1	0	1
All.....	159	1,021	116	110	17	15	5	10	(*)	1	0	1
Women:												
19-34.....	218	1,008	175	177	42	25	19	18	(*)	2	0	2
35-50.....	129	569	175	162	36	24	22	17	1	2	0	1
All.....	348	1,577	175	172	40	25	20	18	1	2	0	2
		Frankfurters, Sausages, Luncheon Meats		Poultry		Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish				
				Total	Chicken							
		1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
-----Grams-----												
Children:												
1-3.....	13	15	17	15	17	14	4	5	47	42		
4-5.....	19	19	31	16	31	15	4	4	52	47		
All.....	16	16	24	16	24	14	4	4	50	44		
Women:												
19-34.....	19	16	27	22	27	20	9	10	60	77		
35-50.....	11	13	33	23	33	21	16	12	57	65		
All.....	16	15	29	22	29	21	11	10	59	73		

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		-----Percent-----									
Children:												
1-3.....	82	622	89.4	84.8	21.2	20.0	21.7	21.4	0.0	1.1	0.0	0.8
4-5.....	77	399	89.8	89.6	29.3	22.4	17.4	21.0	1.1	2.0	.0	1.3
All.....	159	1,021	89.6	86.7	25.1	20.9	19.7	21.2	.6	1.4	.0	1.0
Women:												
19-34.....	218	1,008	88.1	87.1	29.4	22.5	21.0	24.2	.4	1.3	.0	1.2
35-50.....	129	569	89.5	88.5	29.4	21.6	28.2	22.7	1.5	2.2	.0	1.2
All.....	348	1,577	88.6	87.6	29.4	22.2	23.7	23.6	.8	1.6	.0	1.2
	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish			
			Total		Chicken							
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Percent-----												
Children:												
1-3.....	31.1	30.8	21.5	21.3	21.5	19.7	6.0	7.2	30.4	30.4		
4-5.....	39.1	34.7	23.6	21.4	23.6	19.6	3.4	5.3	33.4	29.9		
All.....	35.0	32.3	22.5	21.3	22.5	19.7	4.7	6.4	31.9	30.2		
Women:												
19-34.....	26.9	26.4	19.8	18.2	19.3	16.8	7.0	6.7	25.8	32.3		
35-50.....	18.2	23.0	24.6	19.9	23.9	18.0	10.6	8.1	30.2	30.5		
All.....	23.6	25.2	21.6	18.8	21.0	17.3	8.3	7.2	27.4	31.6		

Appendix B: Table 1.2-1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Milk and Milk Products											
	Individuals		Total Milk and Milk Products		Total Milk and Milk Products		Fluid Milk					
							Total		Whole		Lowfat/Skim	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
Calcium												
---Number--- ---Grams--- ---Equivalents--- ---Grams---												
Children:												
1-3.....	82	622	405	397	433	437	382	357	326	275	53	80
4-5.....	77	399	348	356	368	394	284	304	247	234	37	69
All.....	159	1,021	377	381	402	420	334	336	288	259	46	76
Women:												
19-34.....	218	1,008	224	217	265	264	170	173	142	124	27	48
35-50.....	129	569	180	153	199	181	154	122	116	82	35	38
All.....	348	1,577	208	194	241	234	164	155	132	109	30	45
Milk and Milk Products												
Yogurt			Cream and Milk Desserts			Cheese			Eggs		Legumes, Nuts, Seeds	
1977			1977			1977			1977		1977	
1985			1985			1985			1985		1985	
Grams												
Children:												
1-3.....	0	4	6	20	6	9	22	22	31	23		
4-5.....	0	3	18	20	6	11	39	18	33	15		
All.....	0	3	12	20	6	9	30	21	32	20		
Women:												
19-34.....	3	2	17	15	16	13	32	25	25	24		
35-50.....	1	3	13	13	9	9	29	20	24	21		
All.....	2	2	16	14	13	11	31	23	25	23		

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.2-2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Milk and Milk Products									
	Individuals		Total Milk and Milk Products		Fluid Milk					
					Total		Whole		Lowfat/Skim	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---Number---

-----Percent-----

Children:

1-3.....	82	622	93.3	92.7	90.9	85.9	72.1	65.8	19.9	22.0
4-5.....	77	399	83.8	90.8	79.5	82.0	69.7	64.5	9.8	18.5
All.....	159	1,021	88.7	91.9	85.4	84.4	70.9	65.3	15.0	20.6

Women:

19-34.....	218	1,008	69.0	70.1	50.9	51.8	42.2	37.0	8.5	14.4
35-50.....	129	569	70.6	67.6	61.0	49.9	47.0	33.3	10.0	15.5
All.....	348	1,577	69.6	69.2	54.7	51.1	44.0	35.7	9.1	14.8

Milk and Milk Products						Eggs		Legumes, Nuts, Seeds	
Yogurt		Cream and Milk Desserts		Cheese					
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

-----Percent-----

Children:

1-3.....	0.0	2.6	8.4	21.1	15.4	24.0	37.8	34.0	22.9	31.1
4-5.....	.0	1.8	14.1	18.3	16.1	24.2	59.7	32.0	29.1	26.0
All.....	.0	2.2	11.2	20.0	15.7	24.1	48.4	33.2	25.9	29.1

Women:

19-34.....	1.1	1.0	14.9	14.8	24.2	26.2	38.8	31.7	16.6	21.4
35-50.....	.7	1.2	14.5	12.0	15.1	18.0	35.0	25.5	17.6	17.0
All.....	.9	1.1	14.8	13.8	20.8	23.2	37.4	29.4	17.0	19.8

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.3-1.--Vegetables: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1977	1985	1977	1985	1977	1985	1977	1985
	Number		Grams					
Children:								
1-3.....	82	622	232	236	96	81	29	33
4-5.....	77	399	190	263	89	106	36	42
All.....	159	1,021	211	247	93	91	33	36
Women:								
19-34.....	218	1,008	280	244	177	142	53	55
35-50.....	129	569	291	239	191	152	58	50
All.....	348	1,577	284	242	182	146	55	53
	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1977	1985	1977	1985	1977	1985	1977	1985
	Grams							
Children:								
1-3.....	7	12	3	3	12	2	45	32
4-5.....	6	16	2	5	1	4	44	38
All.....	6	13	3	4	7	3	44	34
Women:								
19-34.....	25	18	12	6	3	5	85	58
35-50.....	32	19	18	13	3	5	80	65
All.....	27	18	14	8	3	5	83	61
NOTE: See "Table Notes for Appendix B."								
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income 1985 and NFCS 1977-78.								

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income 1985 and NFCS 1977-78.

Appendix B: Table 1.3-2.--Vegetables: Percentage of Individuals Using,
Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Veetables and Fruits		Total Vegetables		White Potatoes	
	1977	1985	1977	1985	1977	1985	1977	1985
	Number		Percent					
Children:								
1-3.....	82	622	91.0	88.4	76.7	73.5	41.0	45.5
4-5.....	77	399	85.4	84.8	70.2	74.7	43.5	46.5
All.....	159	1,021	88.3	87.0	73.5	74.0	42.2	45.9
Women:								
19-34.....	218	1,008	88.3	82.1	80.8	74.7	42.1	42.9
35-50.....	129	569	84.9	80.0	78.9	72.2	37.7	38.5
All.....	348	1,577	87.0	81.4	80.1	73.8	40.5	41.3
	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1977	1985	1977	1985	1977	1985	1977	1985
	Percent							
Children:								
1-3.....	11.7	26.8	7.6	3.5	12.9	4.7	48.8	44.1
4-5.....	9.6	27.0	2.4	6.6	3.7	7.4	49.1	45.0
All.....	10.7	26.9	5.1	4.7	8.4	5.8	48.9	44.4
Women:								
19-34.....	24.1	27.1	7.7	4.4	5.9	7.1	62.9	53.1
35-50.....	26.2	23.1	9.6	6.8	5.0	6.2	56.5	54.8
All.....	24.9	25.7	8.4	5.3	5.6	6.8	60.5	53.7

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low
Income 1985 and NFCS 1977-78.

Appendix B: Table 1.4-1.--Fruits: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Number-----Grams-----										
Children:										
1-3.....	82	622	136	155	63	52	50	47	1	1
4-5.....	77	399	101	157	57	54	50	44	1	1
All.....	159	1,021	119	156	60	53	50	46	1	1
Women:										
19-34.....	218	1,008	102	102	53	57	43	52	(*)	(*)
35-50.....	129	569	101	87	64	48	56	40	1	(*)
All.....	348	1,577	102	96	57	54	48	48	(*)	(*)
-----Other Fruits, Mixtures, Juices-----										
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Grams-----										
Children:										
1-3.....	73	102	22	17	15	11	21	20	14	54
4-5.....	43	102	12	28	4	10	20	14	7	50
All.....	58	102	17	21	10	10	21	18	11	53
Women:										
19-34.....	49	44	16	9	4	4	17	17	11	14
35-50.....	36	38	3	11	5	8	24	13	4	6
All.....	44	42	11	10	5	6	20	16	9	11

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.4-2.--Fruits: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Number-----										
-----Percent-----										
Children:										
1-3.....	82	622	52.8	57.3	30.1	28.0	24.6	24.7	2.5	1.9
4-5.....	77	399	38.3	52.7	26.5	24.4	23.9	19.8	2.3	1.3
All.....	159	1,021	45.8	55.5	28.4	26.6	24.2	22.8	2.4	1.7
Women:										
19-34.....	218	1,008	42.1	36.8	25.7	21.0	22.2	18.4	.4	.7
35-50.....	129	569	42.1	36.6	29.3	19.8	25.7	15.7	.8	.6
All.....	348	1,577	42.1	36.7	27.0	20.6	23.5	17.4	.5	.7
Other Fruits, Mixtures, Juices										
Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars		
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
-----Percent-----										
Children:										
1-3.....	38.6	41.4	13.9	12.8	13.8	10.5	18.8	14.3	7.2	17.6
4-5.....	19.9	38.4	6.9	17.7	3.1	8.0	9.4	9.6	4.2	15.0
All.....	29.5	40.2	10.5	14.7	8.6	9.5	14.3	12.4	5.7	16.6
Women:										
19-34.....	23.7	20.4	10.1	5.5	3.7	3.9	11.3	9.2	4.0	5.4
35-50.....	17.5	23.0	2.2	7.8	4.0	7.6	9.8	8.5	1.5	2.6
All.....	21.4	21.4	7.1	6.3	3.8	5.2	10.7	9.0	3.0	4.4
NOTE: See "Table Notes for Appendix B."										
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.										

Appendix B: Table 1.5-1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---Number---														
-----Grams-----														
Children:														
1-3.....	82	622	167	196	29	32	23	31	57	65	19	15	58	68
4-5.....	77	399	198	208	38	46	45	41	69	60	14	22	46	61
All.....	159	1,021	182	200	34	37	34	35	63	63	16	18	52	65
Women:														
19-34.....	218	1,008	155	222	41	45	40	39	50	57	8	8	24	81
35-50.....	129	569	217	188	43	46	48	33	67	53	7	8	58	55
All.....	348	1,577	178	210	42	45	43	37	56	56	8	8	37	72
	Fats and Oils						Sugars and Sweets							
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Grams-----														
Children:														
1-3.....	4	4	2	2	1	1	17	18	4	1	2		5	
4-5.....	6	6	3	4	2	3	16	32	2	3	4		7	
All.....	5	5	3	3	1	2	16	24	3	2	3		6	
Women:														
19-34.....	13	10	4	4	5	6	13	18	6	5	1		5	
35-50.....	10	9	5	3	3	5	22	14	7	6	2		2	
All.....	12	10	4	4	4	5	16	17	6	5	1		4	

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.5-2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Grain Products													
	Individuals													
			Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---Number---

-----Percent-----

Children:

1-3.....	82	622	97.2	98.5	62.1	66.7	49.2	59.2	73.2	69.6	54.5	48.4	33.0	34.7
4-5.....	77	399	100.0	99.0	66.8	75.2	63.0	58.5	61.4	69.8	40.6	54.7	30.5	32.1
All.....	159	1,021	98.6	98.7	64.4	70.0	55.9	58.9	67.5	69.7	47.8	50.8	31.8	33.7

Women:

19-34.....	218	1,008	88.9	92.8	66.8	66.0	41.4	48.0	36.1	34.6	19.0	15.6	15.6	29.5
35-50.....	129	569	94.9	89.0	70.3	66.2	47.7	41.2	43.1	37.2	14.6	16.7	17.1	19.4
All.....	348	1,577	91.1	91.4	68.1	66.1	43.7	45.6	38.7	35.6	17.4	16.0	16.1	25.8

	Fats and Oils						Sugars and Sweets					
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

-----Percent-----

Children:

1-3.....	36.1	40.8	31.2	32.3	7.1	12.1	44.9	48.2	25.9	21.2	4.1	14.4
4-5.....	47.6	51.6	36.4	39.2	13.1	18.1	39.0	51.3	25.0	20.9	7.5	17.1
All.....	41.7	45.0	33.7	35.0	10.0	14.5	42.1	49.4	25.5	21.1	5.8	15.5

Women:

19-34.....	53.4	49.9	33.8	31.7	25.3	23.4	41.4	51.5	33.0	34.6	2.2	9.5
35-50.....	52.8	53.3	40.8	35.4	16.7	22.0	60.5	50.1	47.0	39.9	3.1	4.6
All.....	53.2	51.1	36.4	33.0	22.1	22.9	48.5	51.0	38.2	36.5	2.5	7.7

NOTE: See "Table Notes for Appendix 8."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.6-1.--Beverages: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---Number--- Grams---

Children:														
1-3.....	82	622	138	173	1	0	1	0	137	173	0	1	16	19
4-5.....	77	399	233	257	0	(*)	0	(*)	233	257	0	1	38	44
All.....	159	1,021	184	206	(*)	(*)	(*)	(*)	184	206	0	1	27	29

Women:														
19-34.....	218	1,008	605	791	40	47	36	36	565	744	188	226	132	143
35-50.....	129	569	642	850	23	45	19	39	619	804	314	394	117	117
All.....	348	1,577	619	812	34	47	29	37	585	766	235	287	127	134

Nonalcoholic Beverages													
Fruit Drinks and Aides							Carbonated Soft Drinks						
Total		Regular		Low-Calorie			Total		Regular		Low-Calorie		
1977	1985	1977	1985	1977	1985		1977	1985	1977	1985	1977	1985	

---Grams---

Children:													
1-3.....	69	90	66	86	3	4	52	64	52	60	0	3	
4-5.....	99	128	96	121	3	7	97	83	94	78	3	6	
All.....	83	105	80	100	3	5	74	71	73	67	1	4	
Women:													
19-34.....	51	94	50	83	1	11	194	280	168	249	25	31	
35-50.....	41	54	40	52	2	2	146	240	107	183	39	47	
All.....	48	80	46	72	1	8	176	266	145	225	31	36	

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 1.6-2.--Beverages: Percentage of Individuals Using, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---Number---														
-----Percent-----														
Children:														
1-3.....	82	622	52.7	59.6	1.1	0.0	1.1	0.0	52.7	59.6	0.0	0.5	7.5	9.2
4-5.....	77	399	63.0	63.9	.0	.5	.0	.2	63.0	63.9	.0	.6	11.4	12.7
All.....	159	1,021	57.7	61.3	.6	.2	.6	.1	57.7	61.3	.0	.5	9.4	10.6
Women:														
19-34.....	218	1,008	85.8	88.0	7.3	8.8	5.1	5.4	85.1	86.6	35.9	36.5	27.2	23.7
35-50.....	129	569	91.2	92.8	4.7	6.5	3.0	4.2	91.2	90.9	62.7	57.4	30.1	22.0
All.....	348	1,577	87.8	89.7	6.3	8.0	4.3	5.0	87.4	88.2	45.9	44.0	28.3	23.1
Nonalcoholic Beverages														
Fruit Drinks and Ades														
Carbonated Soft Drinks														
Total		Regular		Low-Calorie		Total		Regular		Low-Calorie				
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
-----Percent-----														
Children:														
1-3.....	29.7	34.4	28.5	32.8	1.2	2.1	24.8	27.7	24.8	25.8	0.0	1.9		
4-5.....	29.2	35.8	28.0	34.0	1.2	2.4	29.4	27.9	27.3	25.0	2.1	3.3		
All.....	29.5	34.9	28.3	33.3	1.2	2.2	27.0	27.8	26.0	25.5	1.0	2.4		
Women:														
19-34.....	14.4	21.1	14.0	20.4	.4	.9	41.2	52.0	35.9	46.1	5.8	6.5		
35-50.....	14.9	14.7	14.2	13.9	.7	1.0	31.4	43.2	26.3	33.8	5.1	9.0		
All.....	14.6	18.8	14.1	18.1	.5	.9	37.5	48.8	32.3	41.7	5.6	7.4		

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1977 and Spring 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		Kilocalories		Grams		Grams		Grams		International Units		Milligrams		Milligrams	
0-75% Poverty:																
Children:																
1-3.....	41	356	1,131	1,380	44.3	55.0	46.8	55.8	135.1	168.7	4,162	3,614	52	80	1.10	1.20
4-5.....	31	244	1,444	1,548	52.4	56.5	62.8	61.8	170.4	196.7	2,732	4,537	52	82	1.24	1.32
All.....	71	599	1,265	1,448	47.7	55.6	53.7	58.2	150.2	180.0	3,549	3,989	52	81	1.16	1.25
Women:																
19-34.....	80	571	1,446	1,650	58.4	65.8	68.0	67.3	149.2	193.6	4,435	5,220	65	74	1.05	1.16
35-50.....	49	303	1,376	1,343	61.3	54.2	62.2	51.7	140.1	163.1	3,017	3,825	74	67	1.03	1.02
All.....	129	874	1,419	1,543	59.5	61.7	65.8	61.9	145.7	183.1	3,895	4,736	68	72	1.04	1.11
76-130% Poverty:																
Children:																
1-3.....	41	266	1,155	1,235	44.1	47.6	48.2	49.3	139.9	153.8	3,526	3,379	90	70	.91	1.00
4-5.....	46	156	1,436	1,467	60.0	54.5	62.6	58.8	159.2	184.3	3,086	4,485	63	85	1.02	1.16
All.....	88	422	1,304	1,321	52.5	50.1	55.8	52.8	150.1	165.1	3,293	3,787	76	76	.97	1.06
Women:																
19-34.....	138	438	1,535	1,688	64.7	65.4	70.1	67.3	159.6	204.2	3,714	4,428	69	76	1.05	1.29
35-50.....	80	265	1,593	1,401	63.8	57.1	71.4	56.7	173.2	162.1	5,341	4,715	72	68	1.12	1.01
All.....	219	703	1,557	1,580	64.4	62.3	70.6	63.3	164.6	188.3	4,311	4,536	70	73	1.07	1.18
0-130% Poverty:																
Children:																
1-3.....	82	622	1,143	1,318	44.2	51.9	47.5	53.0	137.5	162.3	3,841	3,514	71	76	1.01	1.11
4-5.....	77	399	1,439	1,517	57.0	55.7	62.7	60.6	163.6	191.8	2,945	4,517	59	83	1.11	1.26
All.....	159	1,021	1,286	1,396	50.4	53.4	54.8	56.0	150.2	173.9	3,408	3,906	65	79	1.06	1.17
Women:																
19-34.....	218	1,008	1,503	1,667	62.4	65.6	69.3	67.3	155.8	198.2	3,978	4,877	67	75	1.05	1.22
35-50.....	129	569	1,511	1,370	62.9	55.5	67.9	54.0	160.6	162.7	4,459	4,240	73	67	1.08	1.01
All.....	348	1,577	1,506	1,560	62.6	62.0	68.8	62.5	157.6	185.4	4,157	4,647	69	72	1.06	1.14

Appendix B: Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1977 and Spring 1985--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Milligrams----- --Micrograms-----Milligrams-----																
0-75% Poverty:																
Children:																
1-3.....	1.54	1.72	12.3	14.6	1.06	1.29	3.20	4.73	636	819	769	1,013	144	187	9.4	11.2
4-5.....	1.63	1.78	13.8	16.5	.90	1.45	2.74	4.69	666	786	877	1,010	155	188	9.3	11.7
All.....	1.58	1.74	13.0	15.4	.99	1.36	3.00	4.71	649	806	815	1,011	149	188	9.4	11.4
Women:																
19-34.....	1.26	1.45	14.0	17.2	1.09	1.23	2.70	6.79	543	614	896	1,039	178	201	9.4	10.8
35-50.....	1.24	1.17	15.1	15.1	1.06	1.06	2.79	3.75	536	498	894	823	203	182	9.3	9.8
All.....	1.25	1.36	14.4	16.5	1.08	1.17	2.73	5.74	540	573	895	964	187	195	9.4	10.5
76-130% Poverty:																
Children:																
1-3.....	1.47	1.46	10.6	11.7	.99	1.05	2.93	3.48	752	687	828	865	162	158	8.0	8.9
4-5.....	1.46	1.55	13.1	14.3	1.09	1.24	3.17	4.00	668	705	940	948	170	177	9.9	9.9
All.....	1.46	1.50	11.9	12.7	1.04	1.12	3.06	3.67	708	693	887	896	166	165	9.0	9.3
Women:																
19-34.....	1.31	1.55	15.1	17.2	1.20	1.26	3.26	4.11	585	675	984	1,045	202	206	10.8	11.5
35-50.....	1.24	1.21	16.4	16.1	1.16	1.13	3.12	4.10	501	479	901	847	206	187	11.1	10.0
All.....	1.29	1.42	15.6	16.8	1.18	1.21	3.21	4.11	554	601	954	970	204	199	10.9	10.9
0-130% Poverty:																
Children:																
1-3.....	1.50	1.61	11.4	13.4	1.02	1.19	3.07	4.19	694	762	799	949	153	175	8.7	10.2
4-5.....	1.52	1.69	13.4	15.7	1.01	1.37	3.00	4.42	667	754	915	986	164	184	9.6	11.0
All.....	1.51	1.64	12.4	14.3	1.02	1.26	3.03	4.28	681	759	855	964	158	178	9.2	10.5
Women:																
19-34.....	1.29	1.50	14.7	17.2	1.16	1.24	3.05	5.63	569	640	952	1,041	193	203	10.3	11.1
35-50.....	1.24	1.19	15.9	15.6	1.12	1.09	3.00	3.91	515	489	899	834	204	184	10.4	9.9
All.....	1.27	1.39	15.1	16.6	1.15	1.19	3.03	5.01	549	586	932	967	197	196	10.3	10.7

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1977 and Spring 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		Kilocalories		Grams		Grams		Grams		International Units		Milligrams		Milligrams	
White:																
Children:																
1-3.....	54	390	1,279	1,328	47.0	51.1	53.7	53.1	155.7	166.1	3,996	3,590	71	78	1.13	1.10
4-5.....	40	235	1,580	1,592	58.5	57.1	70.9	62.9	180.5	204.9	3,320	4,121	63	80	1.20	1.29
All.....	94	625	1,406	1,428	51.9	53.4	61.0	56.8	166.2	180.7	3,710	3,790	68	79	1.16	1.17
Women:																
19-34.....	141	611	1,483	1,751	60.6	66.5	69.3	70.0	153.3	212.8	3,528	5,013	66	75	1.00	1.27
35-50.....	66	335	1,460	1,387	60.1	55.1	66.8	55.5	155.0	166.5	3,843	4,319	61	65	1.09	.97
All.....	207	946	1,476	1,622	60.4	62.5	68.5	64.9	153.8	196.4	3,628	4,767	64	71	1.03	1.16
Black:																
Children:																
1-3.....	16	145	868	1,275	35.3	53.2	33.9	52.0	107.2	151.0	3,946	3,473	70	63	.77	1.20
4-5.....	19	79	1,365	1,406	56.0	52.4	60.5	57.2	149.9	174.2	3,013	5,294	49	73	.85	1.20
All.....	36	224	1,137	1,321	46.5	52.9	48.3	53.8	130.3	159.1	3,441	4,113	58	67	.81	1.20
Women:																
19-34.....	53	255	1,505	1,526	63.2	64.7	68.1	63.0	156.8	171.8	5,149	4,010	76	72	1.10	1.15
35-50.....	47	181	1,572	1,347	64.7	56.5	70.8	52.6	167.6	155.0	5,567	4,042	84	72	1.08	1.11
All.....	100	435	1,537	1,451	63.9	61.3	69.4	58.7	161.9	164.8	5,346	4,023	80	72	1.09	1.13
Other:																
Children:																
1-3.....	10	67	912	1,352	45.4	52.7	37.3	54.2	98.2	166.9	2,351	3,016	78	90	.81	1.07
4-5.....	18	71	1,201	1,415	54.5	55.4	46.4	56.5	140.4	174.4	2,023	4,539	60	108	1.17	1.20
All.....	28	138	1,097	1,384	51.2	54.0	43.1	55.4	125.3	170.8	2,141	3,796	66	99	1.04	1.14
Women:																
19-34.....	21	112	1,524	1,602	65.2	66.0	65.4	65.1	167.8	187.2	2,643	6,350	51	85	1.20	1.14
35-50.....	15	41	1,480	1,477	64.9	59.8	58.6	54.6	163.8	180.8	2,760	4,770	88	64	1.01	1.08
All.....	36	153	1,506	1,569	65.1	64.4	62.6	62.3	166.2	185.5	2,692	5,926	66	80	1.12	1.12

Appendix B: Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1977 and Spring 1985--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Milligrams-----Micrograms-----Milligrams-----																
White:																
Children:																
1-3.....	1.62	1.69	12.5	13.1	1.11	1.19	3.33	4.33	742	814	865	973	167	180	9.9	10.2
4-5.....	1.65	1.78	13.7	16.3	1.06	1.44	3.30	4.46	736	811	965	1,035	180	194	10.6	11.4
All.....	1.64	1.72	13.0	14.3	1.09	1.29	3.31	4.38	739	813	908	996	173	185	10.2	10.7
Women:																
19-34.....	1.28	1.64	14.2	17.7	1.16	1.31	2.92	5.51	586	732	960	1,109	205	219	10.0	11.5
35-50.....	1.18	1.22	15.9	15.4	1.12	1.08	2.70	3.46	490	538	888	855	219	197	10.4	9.7
All.....	1.25	1.49	14.8	16.9	1.14	1.23	2.85	4.78	555	663	937	1,019	209	211	10.1	10.8
Black:																
Children:																
1-3.....	1.18	1.48	9.0	14.6	.82	1.20	2.27	4.08	575	619	642	875	128	157	5.6	10.8
4-5.....	1.23	1.59	12.2	14.6	.92	1.21	2.73	4.55	537	713	818	917	141	167	8.4	10.1
All.....	1.21	1.51	10.7	14.6	.87	1.21	2.52	4.25	554	652	737	890	135	161	7.1	10.5
Women:																
19-34.....	1.20	1.26	14.5	16.6	1.10	1.14	2.84	4.96	463	489	856	925	161	170	10.5	10.5
35-50.....	1.30	1.15	15.2	15.6	1.10	1.10	3.52	4.60	518	412	896	798	186	157	10.9	9.8
All.....	1.25	1.21	14.8	16.2	1.10	1.12	3.16	4.81	489	457	875	872	173	164	10.7	10.2
Other:																
Children:																
1-3.....	1.48	1.47	9.9	12.8	.93	1.13	3.24	3.78	673	731	744	948	126	181	8.2	9.7
4-5.....	1.57	1.46	13.9	14.7	1.01	1.29	2.63	4.17	656	585	910	875	152	167	8.8	10.3
All.....	1.54	1.46	12.5	13.8	.98	1.21	2.85	3.98	662	656	850	911	143	174	8.6	10.0
Women:																
19-34.....	1.45	1.39	16.1	17.1	1.20	1.22	3.38	8.65	623	508	1,062	984	189	204	11.8	11.2
35-50.....	1.24	1.22	17.1	17.9	1.15	1.23	2.56	5.27	586	449	918	865	200	207	9.1	12.3
All.....	1.36	1.34	16.5	17.3	1.18	1.22	3.04	7.74	607	492	1,002	953	194	205	10.7	11.5

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1977 and Spring 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---Number---																
-----Percent-----																
0-75% Poverty:																
Children:																
1-3.....	41	356	87	106	192	239	208	181	116	177	158	172	192	215	137	163
4-5.....	31	244	85	91	175	188	159	181	116	183	137	146	163	178	125	150
All.....	71	599	86	100	185	219	166	181	116	179	149	161	180	200	132	158
Women:																
19-34.....	80	571	71	80	131	143	110	127	107	119	101	109	102	115	105	127
35-50.....	49	303	69	67	139	123	75	95	123	111	103	101	103	98	116	116
All.....	129	874	70	76	134	136	97	116	113	116	102	106	102	109	109	123
76-130% Poverty:																
Children:																
1-3.....	41	266	89	95	192	207	176	169	200	156	130	143	184	183	117	130
4-5.....	46	156	84	86	200	182	123	179	141	190	114	129	146	155	119	130
All.....	88	422	87	92	196	198	148	173	169	169	121	137	164	173	118	130
Women:																
19-34.....	138	438	75	82	143	141	91	106	113	121	99	121	104	122	112	127
35-50.....	80	265	79	70	144	130	131	118	118	113	110	101	102	101	125	124
All.....	219	703	76	77	143	137	106	110	115	118	103	113	103	114	117	126
0-130% Poverty:																
Children:																
1-3.....	82	622	88	101	192	225	192	176	158	168	144	159	188	201	127	149
4-5.....	77	399	85	89	190	186	118	181	131	186	123	140	152	169	121	142
All.....	159	1,021	86	97	191	210	156	178	145	175	134	152	171	188	124	145
Women:																
19-34.....	218	1,008	73	81	139	142	98	118	111	119	100	114	103	118	109	127
35-50.....	129	569	75	68	142	126	110	106	120	112	107	101	102	99	122	120
All.....	348	1,577	74	76	140	136	103	113	115	117	103	109	103	111	114	124

Appendix B: Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1977 and Spring 1985--continued

Income Level and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----Percent-----															
0-75% Poverty:															
Children:															
1-3.....	118	143	160	236	79	102	96	127	96	125	63	75	160	208	78
4-5.....	69	112	110	188	83	98	110	126	77	94	93	117	136	113	80
All.....	97	131	138	217	81	101	102	125	88	112	76	92	150	169	78
Women:															
19-34.....	54	60	89	177	67	73	111	124	58	64	50	60	93	47	60
35-50.....	53	53	93	125	67	62	112	102	68	60	52	54	80	45	49
All.....	54	57	91	159	67	69	111	117	62	63	51	58	88	46	56
76-130% Poverty:															
Children:															
1-3.....	110	116	147	174	94	86	104	108	108	106	53	59	112	159	66
4-5.....	83	95	127	160	84	88	118	118	85	89	99	99	100	95	77
All.....	96	109	136	169	88	87	111	112	96	99	77	74	107	135	70
Women:															
19-34.....	59	61	107	131	70	79	119	124	65	65	56	64	91	51	60
35-50.....	57	56	103	137	62	60	112	106	68	62	60	56	73	43	53
All.....	58	59	105	133	67	72	116	117	66	64	57	61	84	48	57
0-130% Poverty:															
Children:															
1-3.....	114	132	153	210	87	95	100	119	102	116	58	68	139	187	72
4-5.....	78	105	120	177	83	94	114	123	82	92	96	110	122	106	79
All.....	96	122	137	197	85	95	107	120	92	107	77	85	132	155	75
Women:															
19-34.....	57	60	100	157	69	76	116	124	63	65	54	62	92	49	60
35-50.....	56	54	100	130	64	61	112	104	68	61	57	55	76	44	51
All.....	57	58	100	148	67	70	114	117	65	64	55	59	86	47	57

NOTE: See "Table Notes for Appendix 8."
 SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 3.2.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1977 and Spring 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin																		
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985																	
---Number---																	-----Percent-----																
White:																																	
Children:																																	
1-3.....	54	390	98	102	204	222	200	180	157	173	161	157	203	211	139	146																	
4-5.....	40	235	93	94	195	190	133	165	140	178	134	143	165	178	124	149																	
All.....	94	625	96	99	200	210	171	174	150	175	149	152	187	199	133	147																	
Women:																																	
19-34.....	141	611	72	85	134	143	87	120	108	119	94	119	102	129	106	130																	
35-50.....	66	335	73	69	135	125	93	108	99	107	107	97	97	101	120	118																	
All.....	207	946	72	79	134	137	89	116	105	115	98	111	100	119	110	126																	
Black:																																	
Children:																																	
1-3.....	16	145	67	98	153	231	197	174	155	141	109	172	147	184	100	162																	
4-5.....	19	79	80	83	187	175	121	212	109	162	95	133	123	159	111	133																	
All.....	36	224	74	93	171	211	156	187	130	148	102	158	134	175	106	152																	
Women:																																	
19-34.....	53	255	73	74	141	142	128	99	126	118	106	109	96	101	108	124																	
35-50.....	47	181	79	67	147	128	139	101	140	119	108	111	108	96	117	120																	
All.....	100	435	76	71	144	137	133	100	133	118	107	110	102	99	112	122																	
Other:																																	
Children:																																	
1-3.....	10	67	70	104	197	229	118	151	173	200	116	152	185	183	110	142																	
4-5.....	18	71	71	83	182	185	81	182	133	240	130	133	157	146	127	133																	
All.....	28	138	70	93	187	206	94	167	147	220	125	143	167	164	121	138																	
Women:																																	
19-34.....	21	112	75	77	148	141	66	156	85	132	116	105	118	108	121	125																	
35-50.....	15	41	74	74	147	135	69	117	147	107	101	107	103	101	132	137																	
All.....	36	153	75	76	148	140	67	145	111	125	110	105	112	106	126	128																	

Appendix B: Table 3.2.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1977 and Spring 1985--continued

Race and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----Percent-----															
White:															
Children:															
1-3.....	124	133	166	217	93	102	108	122	112	120	66	68	132	181	71
4-5.....	82	111	132	178	92	101	121	129	90	97	106	114	123	105	81
All.....	106	124	152	202	92	102	113	125	102	111	83	85	128	152	75
Women:															
19-34.....	57	63	96	154	71	86	117	132	66	69	51	64	96	52	61
35-50.....	55	54	89	115	60	67	110	107	72	66	55	54	69	42	52
All.....	56	60	94	140	68	79	114	123	68	68	52	50	87	48	57
Black:															
Children:															
1-3.....	91	134	114	204	72	77	80	109	85	105	37	72	184	206	77
4-5.....	71	93	109	182	67	89	102	115	71	83	84	101	117	98	72
All.....	80	120	111	196	69	82	92	111	77	97	62	82	160	168	75
Women:															
19-34.....	54	56	93	162	56	59	104	112	53	55	55	58	90	43	59
35-50.....	55	55	117	153	65	51	112	100	62	52	61	55	89	47	48
All.....	55	55	105	159	60	56	108	107	57	54	58	57	90	45	54
Other:															
Children:															
1-3.....	103	125	162	189	84	91	93	119	84	121	55	65	106	179	72
4-5.....	78	99	105	167	82	73	114	109	76	84	88	103	106	106	78
All.....	87	112	125	178	83	82	106	114	79	102	76	84	106	142	75
Women:															
19-34.....	60	59	113	184	78	60	133	116	63	64	66	62	81	48	63
35-50.....	57	61	85	175	73	56	115	107	67	69	51	68	86	49	58
All.....	59	59	101	182	76	59	125	114	65	65	59	64	82	48	62

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 4.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalories												
					Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin		
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
----- <u>Number</u> ----- <u>Kilocalories</u> ----- <u>Grams</u> ----- <u>International</u> <u>Units</u> ----- <u>Milligrams</u> -----																	
Children:																	
1-3.....	82	622	1,143	1,318	39.6	39.7	40.6	39.7	121.2	124.0	3,277	2,725	74	61	0.88	0.86	
4-5.....	77	399	1,439	1,517	40.3	37.3	43.5	39.5	113.0	126.8	2,033	3,071	44	56	.79	.84	
All.....	159	1,021	1,286	1,396	40.0	38.7	42.0	39.6	117.3	125.1	2,675	2,861	59	59	.84	.85	
Women:																	
19-34.....	218	1,008	1,503	1,667	42.2	40.3	45.7	39.8	104.0	119.6	2,750	3,013	48	49	.69	.74	
35-50.....	129	569	1,511	1,370	42.9	42.3	43.0	38.7	106.8	119.3	2,944	3,637	52	56	.71	.77	
All.....	348	1,577	1,506	1,560	42.5	41.0	44.7	39.4	105.0	119.5	2,822	3,238	49	51	.69	.76	
Intake per 1,000 Kilocalories																	
Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron			
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985		
----- <u>Milligrams</u> ----- -- <u>Micrograms</u> -- ----- <u>Milligrams</u> -----																	
Children:																	
1-3.....	1.32	1.25	10.0	10.4	0.89	0.92	2.67	3.32	609	587	708	727	135	134	7.5	8.1	
4-5.....	1.08	1.13	9.3	10.5	.72	.92	2.14	3.03	466	496	649	655	116	121	6.8	7.4	
All.....	1.20	1.21	9.6	10.4	.81	.92	2.42	3.20	540	552	680	699	126	129	7.2	7.8	
Women:																	
19-34.....	.88	.91	9.9	10.6	.79	.77	2.05	3.31	376	388	658	634	138	126	7.2	6.8	
35-50.....	.83	.97	14.3	12.9	.75	.85	2.04	2.94	367	420	657	658	238	161	7.9	7.8	
All.....	.86	.93	11.6	11.5	.77	.79	2.04	3.18	372	399	658	642	175	139	7.4	7.2	

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 5.--Food Energy from Protein, Fat, and Carbohydrate: Mean per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Protein		Fat		Carbohydrate	
	1977	1985	1977	1985	1977	1985	1977	1985
-----Number-----								
-----Percent-----								
Children:								
1-3.....	82	622	15.8	15.9	36.5	35.7	48.5	49.6
4-5.....	77	399	16.1	14.9	39.1	35.5	45.2	50.7
All.....	159	1,021	16.0	15.5	37.8	35.6	46.9	50.0
Women:								
19-34.....	218	1,008	16.9	16.1	41.2	35.9	41.6	47.8
35-50.....	129	569	17.2	16.9	38.7	34.8	42.7	47.7
All.....	348	1,577	17.0	16.4	40.2	35.5	42.0	47.8

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

[illegible]

-Percent-

[illegible]

-Percent.

Children:										
1-3.....	17.4	20.0	14.3	12.2	7.3	8.8	(*)	3.4	(*)	1.6
4-5.....	16.5	19.6	(*)	14.4	1.2	3.9	(*)	.9	(*)	.9
All.....	16.9	19.8	7.4	13.1	4.3	6.9	(*)	2.4	(*)	1.3
Women:										
19-34.....	7.2	14.9	1.9	5.8	1.5	3.1	0.4	1.1	0.5	1.2
35-50.....	5.8	14.6	3.8	4.5	4.8	2.8	.8	1.1	(*)	1.3
All.....	6.7	14.8	2.6	5.4	2.8	3.0	.6	1.1	.3	1.2

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 7.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Indi- viduals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---Number---																		
-----Percent-----																		
Children:																		
1-3....	82	622	60.2	78.7	13.9	19.9	9.9	14.4	12.7	18.9	16.9	22.9	9.1	14.3	16.5	19.1	10.7	14.5
4-5....	77	399	38.3	64.3	8.3	15.4	4.6	9.8	6.3	14.1	11.6	17.7	6.2	11.2	9.6	12.5	6.3	10.2
All..	159	1,021	49.6	73.1	11.2	18.1	7.3	12.6	9.6	17.0	14.3	20.9	7.7	13.1	13.2	16.5	8.6	12.8
Women:																		
19-34..	218	1,008	54.2	68.6	9.0	15.7	4.9	9.1	6.1	12.7	12.5	19.3	6.1	9.3	8.1	12.1	5.8	10.2
35-50..	129	569	51.5	64.9	8.7	14.8	4.8	10.0	6.3	12.5	10.3	17.4	8.3	10.4	8.1	10.2	6.0	11.3
All..	348	1,577	53.2	67.3	8.9	15.4	4.9	9.4	6.2	12.6	11.7	18.6	6.9	9.7	8.1	11.4	5.9	10.6
Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron				
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
-----Percent-----																		
Children:																		
1-3....	13.4	17.9	7.2	10.8	10.5	15.1	11.6	15.8	15.6	20.9	13.3	18.1	15.4	19.3	9.4	12.0		
4-5....	6.9	11.7	4.8	8.3	5.9	10.4	6.6	9.0	7.9	13.5	6.2	12.2	6.9	13.8	5.4	9.5		
All..	10.2	15.5	6.0	9.9	8.3	13.3	9.2	13.1	11.9	18.0	9.9	15.8	11.3	17.2	7.5	11.1		
Women:																		
19-34..	6.8	12.5	5.4	9.7	5.4	10.9	4.9	9.8	8.1	15.2	7.4	13.0	9.6	14.9	6.7	9.6		
35-50..	7.2	13.8	6.8	10.1	5.5	10.4	4.3	11.0	9.8	15.2	8.3	12.9	10.9	14.3	7.2	10.6		
All..	6.9	13.0	5.9	9.9	5.4	10.7	4.7	10.3	8.7	15.2	7.7	12.9	10.1	14.7	6.9	10.0		

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 8.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1977 and Spring 1985

Age of Indi- viduals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---		---		---		---		---		---		---		---		---	
-----Percent-----																		
Children:																		
1-3....	82	622	14.8	28.8	5.8	11.2	4.9	9.9	5.8	10.8	6.0	11.9	3.9	9.1	5.0	10.7	4.5	9.2
4-5....	77	399	22.1	36.6	9.5	15.3	9.7	14.5	8.5	15.4	10.0	15.9	7.9	13.6	10.0	13.9	8.6	14.1
ALL..	159	1,021	18.3	31.8	7.6	12.8	7.2	11.7	7.1	12.6	7.9	13.4	5.8	10.8	7.4	12.0	6.5	11.2
Women:																		
19-34..	218	1,008	31.6	38.4	15.5	17.8	15.3	16.8	15.6	18.0	15.0	18.1	14.5	15.9	14.5	16.0	14.2	16.5
35-50..	129	569	27.0	37.2	12.5	16.7	10.5	15.4	10.7	16.6	12.8	17.4	10.2	14.9	9.4	16.0	11.3	14.6
ALL..	348	1,577	29.9	38.0	14.4	17.4	13.5	16.3	13.8	17.5	14.1	17.9	12.9	15.5	12.6	16.0	13.1	15.8
	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
-----Percent-----																		
Children:																		
1-3....	4.3	8.6	4.5	10.4	3.9	9.2	4.2	9.3	3.9	8.8	4.8	9.5	4.8	10.1	5.2	10.0		
4-5....	8.3	14.3	10.2	14.0	9.3	13.2	7.5	14.0	7.9	15.4	8.8	14.8	9.4	14.4	8.8	13.6		
ALL..	6.3	10.9	7.2	11.8	6.5	10.8	5.8	11.1	5.9	11.4	6.7	11.6	7.0	11.8	6.9	11.4		
Women:																		
19-34..	14.7	16.0	14.7	17.1	14.9	16.5	15.2	16.9	14.3	16.5	15.0	16.7	15.2	16.4	14.6	16.7		
35-50..	12.0	14.5	11.6	15.6	10.2	15.4	10.7	15.0	13.1	15.2	11.9	15.5	11.9	15.3	11.6	15.1		
ALL..	13.7	15.5	13.6	16.5	13.2	16.1	13.5	16.2	13.8	16.1	13.8	16.3	14.0	16.0	13.5	16.1		

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 9.--Special Diets: Percentage of Individuals Reporting, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Individuals on Special Diets	
	1977	1985	1977	1985

---Number--- Percent---

Children:

1-3.....	82	622	1.9	1.5
4-5.....	77	399	.0	.0
All.....	159	1,021	1.0	1.4

Women:

19-34.....	218	1,008	14.8	9.0
35-50.....	129	569	17.4	17.5
All.....	348	1,577	15.8	12.1

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 10.--Use of Vitamin and Mineral Supplements:
Percentage of Individuals Using Supplements,
Low-Income Households, Spring 1977 and Spring
1985

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	1977	1985	1977	1985

---Number--- -----Percent-----

Children:

1-3.....	82	622	35.2	46.1
4-5.....	77	399	29.6	45.9
All.....	159	1,021	32.5	46.0

Women:

19-34.....	218	1,008	34.0	40.3
35-50.....	129	569	24.7	42.0
All.....	348	1,577	30.6	40.9

NOTE: See "Table Notes for Appendix 8."

SOURCE: NFCS-Continuing Survey of Food Intakes by
Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.1.--Distribution of Individuals by Urbanization and by Region,
Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Individuals		Urbanization					
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	1977	1985	1977	1985	1977	1985	1977	1985
	-----Number-----							
-----Percent-----								
Children:								
1-3.....	82	622	38.1	36.7	40.3	31.9	21.6	31.4
4-5.....	77	399	41.0	36.0	25.0	37.1	34.1	26.9
All.....	159	1,021	39.5	36.4	32.9	34.0	27.6	29.6
Women:								
19-34.....	218	1,008	43.2	40.6	30.6	30.8	26.2	28.6
35-50.....	129	569	40.1	37.3	25.6	32.5	34.2	30.3
All.....	348	1,577	42.1	39.4	28.7	31.4	29.2	29.2
	Region							
	Northeast		Midwest		South		West	
	1977	1985	1977	1985	1977	1985	1977	1985
	-----Percent-----							
Children:								
1-3.....	17.9	23.0	14.5	22.0	37.2	32.9	30.4	22.1
4-5.....	13.4	23.9	14.7	19.2	48.5	32.9	23.4	24.0
All.....	15.7	23.4	14.6	20.9	42.7	32.9	27.0	22.8
Women:								
19-34.....	21.4	23.3	16.2	23.5	38.4	31.2	24.0	22.0
35-50.....	24.5	29.9	13.9	22.0	46.9	36.9	14.7	11.2
All.....	22.6	25.7	15.3	23.0	41.6	33.3	20.5	18.1

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.2.--Distribution of Individuals by Urbanization and Race, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	82	622	66.2	62.7	19.9	23.4	12.1	10.8	31	228	42.2	41.3	35.0	46.1	18.1	9.3
4-5.....	77	399	51.9	58.9	25.1	19.7	23.0	17.7	32	144	25.5	37.8	52.5	38.8	22.1	19.5
All.....	159	1,021	59.3	61.2	22.4	21.9	17.3	13.5	63	372	33.8	39.9	43.7	43.3	20.1	13.2
Women:																
19-34.....	218	1,008	64.5	60.6	24.2	25.3	9.5	11.1	94	409	39.7	41.3	42.9	46.0	14.3	9.8
35-50.....	129	569	50.9	58.8	36.6	31.8	11.4	7.2	52	212	17.0	33.7	63.9	55.8	16.2	8.7
All.....	348	1,577	59.4	60.0	28.8	27.6	10.3	9.7	146	621	31.6	38.7	50.4	49.3	15.0	9.4
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	33	199	83.2	71.3	4.0	9.9	12.8	14.3	18	195	76.9	79.0	23.1	10.5	0.0	9.1
4-5.....	19	148	61.7	65.7	5.1	11.3	33.3	17.8	26	107	76.7	77.7	6.9	5.7	16.4	15.1
All.....	52	347	75.3	68.9	4.4	10.5	20.3	15.8	44	302	76.7	78.6	13.5	8.8	9.8	11.2
Women:																
19-34.....	67	311	82.1	72.1	8.3	9.1	9.6	14.6	57	288	84.8	75.8	11.8	13.3	1.7	9.0
35-50.....	33	185	65.7	72.6	25.8	16.5	8.5	7.7	44	172	79.5	74.9	12.5	18.6	8.0	4.9
All.....	100	495	76.7	72.3	14.1	11.9	9.2	12.0	101	461	82.5	75.4	12.1	15.3	4.5	7.5

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.3.--Distribution of Individuals by Region and Race, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Northeast								Midwest							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	15	143	43.5	71.3	18.0	16.9	38.5	9.8	12	137	76.6	74.8	11.0	22.7	0.0	2.6
4-5.....	10	95	48.0	63.4	11.4	17.6	40.6	17.3	11	77	38.1	81.6	61.9	18.4	.0	.0
All.....	25	239	45.3	68.1	15.3	17.1	39.4	12.8	23	213	57.8	77.2	35.8	21.2	.0	1.6
Women:																
19-34.....	47	235	56.5	66.0	20.6	20.5	20.9	11.0	35	237	65.1	74.6	26.6	24.2	.0	1.1
35-50.....	32	170	57.6	54.8	12.0	30.3	30.4	10.1	18	125	66.0	59.2	25.8	28.7	.0	2.1
All.....	78	405	56.9	61.3	17.1	24.6	24.8	10.6	53	362	65.4	72.7	26.3	25.8	.0	1.5
	South								West							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	31	205	56.2	54.4	40.6	35.8	3.2	7.6	25	137	86.9	54.3	0.0	12.2	13.1	24.9
4-5.....	37	131	58.2	55.4	27.2	30.4	14.6	12.7	18	96	49.9	40.9	5.4	8.2	44.7	39.1
All.....	68	336	57.3	54.8	33.2	33.7	9.5	9.6	43	233	71.4	48.8	2.3	10.6	26.3	30.7
Women:																
19-34.....	84	314	64.2	54.3	33.3	37.8	2.5	6.9	52	222	71.7	49.1	11.2	13.6	17.1	27.7
35-50.....	61	210	44.9	57.6	50.9	37.6	4.2	4.2	19	64	44.3	53.1	41.9	22.2	13.7	19.2
All.....	145	524	56.1	55.6	40.7	37.8	3.2	5.8	71	286	64.4	50.0	19.4	15.5	16.2	25.8

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.4.--Distribution of Individuals by Household Income and Race, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	0 to 75% Poverty								76 to 130% Poverty							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	41	356	64.7	53.3	25.7	28.6	6.0	14.2	41	266	67.7	75.3	14.2	16.3	18.0	6.3
4-5.....	31	244	53.2	51.7	35.0	26.0	11.7	17.4	46	156	51.1	70.0	18.5	9.9	30.3	18.1
All.....	71	599	59.8	52.7	29.7	27.6	8.5	15.5	88	422	58.9	73.3	16.5	13.9	24.5	10.7
Women:																
19-34.....	80	571	59.0	52.5	33.4	29.8	3.9	13.6	138	438	67.6	71.2	18.9	19.4	12.8	7.8
35-50.....	49	303	50.1	50.3	29.8	38.5	17.1	7.3	80	265	51.3	68.5	40.7	24.0	8.0	7.0
All.....	129	874	55.6	51.8	32.0	32.8	8.9	11.4	219	703	61.7	70.2	26.9	21.1	11.0	7.5
	0 to 130% Poverty															
	Individuals		White		Black		Other									
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	82	622	66.2	62.7	19.9	23.4	12.1	10.8								
4-5.....	77	399	51.9	58.9	25.1	19.7	23.0	17.7								
All.....	159	1,021	59.3	61.2	22.4	21.9	17.3	13.5								
Women:																
19-34.....	218	1,008	64.5	60.6	24.2	25.3	9.5	11.1								
35-50.....	129	569	50.9	58.8	36.6	31.8	11.4	7.2								
All.....	348	1,577	59.4	60.0	28.8	27.6	10.3	9.7								

NOTE: See "Table Notes for Appendix B."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.5.--Distribution of Individuals by Household Size and Race, Low-Income Households, Spring 1977 and Spring 1985

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	5	41	69.5	75.3	30.5	21.8	0.0	2.9
4-5.....	0	0	.0	.0	.0	.0	.0	.0	6	23	.0	79.3	100.0	17.8	.0	9.9
All.....	0	0	.0	.0	.0	.0	.0	.0	10	64	32.3	73.5	67.7	20.3	.0	5.4
Women:																
19-34.....	20	23	92.5	70.4	7.5	25.5	.0	2.1	35	136	60.3	70.3	33.7	22.6	3.3	6.8
35-50.....	7	27	47.0	81.3	53.0	15.8	.0	.0	14	63	27.9	60.2	52.2	32.7	19.9	4.7
All.....	26	50	81.1	76.2	18.9	20.3	.0	1.0	49	199	50.9	67.1	39.1	25.8	8.1	6.1
	Number of Household Members															
	3								4							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		-----Percent-----						---Number---		-----Percent-----					
Children:																
1-3.....	21	117	86.3	56.4	6.8	30.2	6.9	10.2	26	170	66.2	66.3	15.1	21.7	18.7	9.3
4-5.....	7	61	50.1	51.0	29.9	20.0	20.0	28.3	18	90	48.1	64.5	25.5	14.5	26.4	18.8
All.....	29	178	77.0	54.5	12.7	26.7	10.3	16.4	44	260	58.7	65.7	19.4	19.2	21.9	12.6
Women:																
19-34.....	44	230	69.0	57.9	24.3	27.6	6.7	11.3	53	279	63.6	64.4	24.5	25.6	11.9	8.6
35-50.....	27	103	66.2	57.1	28.3	36.9	5.6	5.2	15	145	59.0	62.6	41.0	24.5	.0	9.1
All.....	71	334	67.9	57.6	25.8	30.5	6.3	9.4	68	424	62.6	63.8	28.2	25.2	9.2	8.8

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 11.5.--Distribution of Individuals by Household Size and Race, Low-Income Households, Spring 1977 and Spring 1985--continued

Age of Individuals (Years)	Number of Household Members															
	5								More than 5							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Children:																
1-3.....	13	138	56.1	63.1	32.7	21.4	11.2	12.7	17	156	48.4	60.0	30.5	22.3	12.5	13.3
4-5.....	19	102	76.5	61.1	14.9	21.1	8.6	14.3	27	123	48.7	54.7	15.2	22.6	36.1	15.9
All.....	32	239	68.1	62.2	22.2	21.3	9.7	13.4	44	280	48.6	57.7	21.2	22.4	26.9	14.5
Women:																
19-34.....	27	162	68.2	61.5	26.8	21.5	5.0	13.7	40	178	47.8	49.1	21.9	27.2	22.9	16.6
35-50.....	22	118	43.4	62.8	32.0	31.6	24.6	4.4	44	113	50.5	45.1	34.9	39.7	11.3	12.7
All.....	50	279	57.1	62.0	29.1	25.8	13.8	9.8	84	291	49.2	47.5	28.7	32.1	16.8	15.1

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Appendix B: Table 12.--Household Size and Household Income, Low-Income Households,
Spring 1977 and Spring 1985

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty			
							0 to 75%		76 to 130%	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
1.....	26	50	2,462	3,733	2,500	3,780	40.2	55.0	59.8	45.0
2.....	46	191	3,041	5,002	3,000	5,000	42.5	57.6	57.5	42.4
3.....	66	312	4,081	6,488	4,140	6,400	33.8	55.2	66.2	44.8
4.....	62	393	4,495	7,876	5,000	7,776	41.3	54.5	58.7	45.5
5.....	47	244	5,573	9,563	6,136	10,000	41.4	44.8	58.6	55.2
More Than 5.....	67	221	7,820	10,284	8,000	9,935	27.7	63.8	72.3	36.2
All Households..	315	1,411	4,890	7,704	4,600	7,000	36.9	54.9	63.1	45.1

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and
NFCS 1977-78.

Appendix B: Table 13.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, Spring 1977 and Spring 1985

Characteristics of Male Head	Households		Household Income as Percentage of Poverty			
			0 to 75%		76 to 130%	
	1977	1985	1977	1985	1977	1985
	Number	Percent	Number	Percent	Number	Percent
Age (Years):						
Under 23.....	14	33	32.5	47.6	67.5	52.4
23-34.....	46	318	28.4	42.3	71.6	57.7
35-50.....	59	308	34.7	37.9	65.3	62.1
51 and Over.....	27	85	16.5	39.2	83.5	60.8
Not Reported.....	0	5	.0	27.9	.0	72.1
Employment Status:						
Full Time.....	99	441	29.1	32.2	70.9	67.8
Part Time.....	12	66	16.7	35.9	83.3	64.1
Not Employed.....	36	232	33.4	56.9	66.6	43.1
Not Reported.....	0	9	.0	37.1	.0	62.9
Education Level:						
Elementary School or Less...	37	125	26.5	41.6	73.5	58.4
Some High School.....	29	174	19.5	48.1	80.5	51.9
High School Completed.....	51	305	28.1	36.9	71.9	63.1
College.....	30	143	43.7	36.5	56.3	63.5
Not Reported.....	0	2	.0	51.7	.0	48.3
No Male Head.....	169	663	43.7	71.4	56.3	28.6

NOTE: See "Table Notes for Appendix B."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985, and NFCS 1977-78.

Table Notes for Appendix B

General notes:

- (1) The number of individuals in each age group may not sum to the number in the ALL row because of rounding of fractional weighting factors.
- (2) The number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.

Notes for appendix tables correspond to table notes on pages 120 through 128, as listed below, except for the following:

Individuals

Tables 1 through 8: Excludes four breast-fed children in 1985 and two in 1977; includes two women with zero intakes in 1985.

Tables 9 through 11: Includes four breast-fed children in 1985 and two in 1977; includes two women with zero intakes in 1985.

For appendix table number(s) see notes for table number(s)

1.1-1 to 1.1-2	1.1-A1 to 1.1-B2
1.2-1 to 1.2-2	1.2-A1 to 1.2-B2
1.3-1 to 1.3-2	1.3-A1 to 1.3-B2
1.4-1 to 1.4-2	1.4-A1 to 1.4-B2
1.5-1 to 1.5-2	1.5-A1 to 1.5-B2
1.6-1 to 1.6-2	1.6-A1 to 1.6-B2
2.1 to 2.2	2.1A to 2.4B
3.1 to 3.2	3.1A to 3.4B
4	4A to 4B
5	5A to 5B
6	6A to 6B
7	7A to 7B
8	8A to 8B
9	9A to 9B
10	10A to 10B
11.1 to 11.5	14.1 to 14.5

Appendix C: Recommended Dietary Allowances, 1980

Sex and age (years)	Food energy	Protein	Water-soluble vitamins						
			Vitamin C	Thiamin	Ribo- flavin	Niacin	Vitamin B ₆	Folacin	Vitamin B ₁₂
			----- <u>mg</u> -----	----- <u>mg</u> -----	----- <u>mg(NE)¹</u> -----	----- <u>mg</u> -----	----- <u>mcg</u> -----	----- <u>mcg</u> -----	
Males and females:									
0.0-0.4	690	13.2	35	0.3	0.4	6	0.3	30	0.5
0.5-0.9	945	18.0	35	0.5	0.6	8	0.6	45	1.5
1-3	1,300	23.0	45	0.7	0.8	9	0.9	100	2.0
4-6	1,700	30.0	45	0.9	1.0	11	1.3	200	2.5
7-10	2,400	34.0	45	1.2	1.4	16	1.6	300	3.0
Males:									
11-14	2,700	45.0	50	1.4	1.6	18	1.8	400	3.0
15-18	2,800	56.0	60	1.4	1.7	18	2.0	400	3.0
19-22	2,900	56.0	60	1.5	1.7	19	2.2	400	3.0
23-50	2,700	56.0	60	1.4	1.6	18	2.2	400	3.0
51-75	2,400	56.0	60	1.2	1.4	16	2.2	400	3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400	3.0
Females:									
11-14	2,200	46.0	50	1.1	1.3	15	1.8	400	3.0
15-18	2,100	46.0	60	1.1	1.3	14	2.0	400	3.0
19-22	2,100	44.0	60	1.1	1.3	14	2.0	400	3.0
23-50	2,000	44.0	60	1.0	1.2	13	2.0	400	3.0
51-75	1,800	44.0	60	1.0	1.2	13	2.0	400	3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400	3.0
Pregnant:									
11-14	2,500	76.0	70	1.5	1.6	17	2.4	800	4.0
15-18	2,400	76.0	80	1.5	1.6	16	2.6	800	4.0
19-22	2,400	74.0	80	1.5	1.6	16	2.6	800	4.0
23-50	2,300	74.0	80	1.4	1.5	15	2.6	800	4.0
Lactating:									
11-14	2,700	66.0	90	1.6	1.8	20	2.3	500	4.0
15-18	2,600	66.0	100	1.6	1.8	19	2.5	500	4.0
19-22	2,600	64.0	100	1.6	1.8	19	2.5	500	4.0
23-50	2,500	64.0	100	1.5	1.7	18	2.5	500	4.0

¹ One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix C: Recommended Dietary Allowances, 1980—Con.

Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A	Vitamin E		Calcium	Phosphorus	Magnesium	Iron	Zinc
	<u>RE</u>	<u>IU</u> ²	<u>Alpha-TE</u>	<u>mg</u>				
Males and females:								
0.0-0.4	420	1,400	3	360	240	50	10	3
0.5-0.9	400	2,000	4	540	360	70	15	5
1-3	400	2,000	5	800	800	150	15	10
4-6	500	2,500	6	800	800	200	10	10
7-10	700	3,300	7	800	800	250	10	10
Males:								
11-14	1,000	5,000	8	1,200	1,200	350	18	15
15-18	1,000	5,000	10	1,200	1,200	400	18	15
19-22	1,000	5,000	10	800	800	350	10	15
23-50	1,000	5,000	10	800	800	350	10	15
51-75	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14	800	4,000	8	1,200	1,200	300	18	15
15-18	800	4,000	8	1,200	1,200	300	18	15
19-22	800	4,000	8	800	800	300	18	15
23-50	800	4,000	8	800	800	300	18	15
51-75	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14	1,000	5,000	10	1,600	1,600	450	18	20
15-18	1,000	5,000	10	1,600	1,600	450	18	20
19-22	1,000	5,000	10	1,200	1,200	450	18	20
23-50	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14	1,200	6,000	11	1,600	1,600	450	18	25
15-18	1,200	6,000	11	1,600	1,600	450	18	25
19-22	1,200	6,000	11	1,200	1,200	450	18	25
23-50	1,200	6,000	11	1,200	1,200	450	18	25

² Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

Literature Cited

- (1) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals: Women 19-50 Years and Their Children 1-5 Years, 1 Day. U.S. Dept. of Agric., CSFII Rep. No. 85-1, 102 pp.
- (2) U.S. Department of Health and Human Services. 1985. Annual Revision of the Poverty Income Guidelines. Federal Register 46:9517, March 8.
- (3) National Academy of Sciences, National Research Council, Food and Nutrition Board. 1980. Recommended Dietary Allowances, 9th ed. Washington, DC: National Academy Press, 185 pp.
- (4) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. Manual of Food Codes for Individual Intake. (In preparation.)
- (5) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. USDA Nutrient Data Base for Standard Reference, Release 5, U.S. Dept. of Commerce, National Technical Inform. Serv., 5285 Port Royal Rd., Springfield, VA 22161. Computer tape, Accession No. PB85-10051/HBF.
- (6) Hepburn, F. N. 1982. The USDA National Nutrient Data Bank. Amer. J. Clin. Nutr. 35:1297-1301.
- (7) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Print Control Language. Table Producing Language System: Version 5 Language Guide. 169 pp.
- (8) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Table Producing Language System: Version 5 Language Guide. 271 pp.
- (9) Merrill, A. L., and B. K. Watt. 1973. Energy Value of Foods--Basis and Derivation. U.S. Dept. of Agric., Agric. Handb. No. 74, 105 pp.

[illegible]

Other CSFII Reports



The CSFII 1985 publication series includes four other reports:

NFCS, CSFII Report No. 85-1	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985 (Issued November 1985)
NFCS, CSFII Report No. 85-3	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Men 19-50 Years, 1 Day, 1985 (To be issued)
NFCS, CSFII Report No. 85-4	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Women 19-50 Years and Their Children 1-5 Years, 6 Days, 1985 (To be issued)
NFCS, CSFII Report No. 85-5	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Their Children 1-5 Years, 6 Days, 1985 (To be issued)

United States Department of Agriculture
Human Nutrition Information Service
Nutrition Monitoring Division
Room 325-A, Federal Building
Hyattsville, Maryland 20782

* NATIONAL AGRICULTURAL LIBRARY



1022326054